

Ledger art murals, largest in the state

By Rebecka Lyman Reporter/Ad sales

Colorful painted murals brighten up the Cheyenne and Arapaho tribes' new food distribution grocery store and warehouse.

In September 2010 Cheyenne and Arapaho artist, George Levi was contacted about the possibility of painting ledger art murals on the walls of the food distribution's new grocery store in Watonga, Okla.

"I was asked by employees Ricque Richardson and Winona Young Bird about painting some murals. I came up with four concept drawings and met with them in Watonga about the possibility and talked about funding options. We agreed that the artwork would deal with food gathering, food preparation and mealtime scenes as well as a scene depicting elders and possibly children at play," Levi said. "They wanted some artwork that the Cheyenne and Arapaho people could relate to, something that is Cheyenne, something that is Arapaho."

The United States Department of Agriculture (USDA) funded \$500 dollars for the artwork, however more funds were needed.

"It looked bleak," Levi said. "Young Bird asked the Cheyenne and Arapaho Culture and Heritage program for help with funding for the artwork."

There are a total of six murals painted on the walls. The Arapaho Buffalo hunt mural displays an Arapaho warrior and hunter mounted on a paint horse ready to lance a buffalo bull.

"This is the food gathering scene ... as buffalo hunting was a crucial part of Arapaho and Cheyenne life," Levi said. The next mural, Blue Sky People, shows the elders of the Arapaho people.

Levi said the Cheyenne Girls Cooking is another mural of two Cheyenne women cooking. They are wearing traditional style of dress from the 1870s and they have a large pot over a fire supported by a tripod frame.

"This one is the food preparation scene," Levi said. The mural Cheyenne Summer Camp displays a Cheyenne Chief's family camp in the summer. There is a willow shade with a young Cheyenne girl preparing food for her brother while her mother and father look on.

"This is the meal time scene," Levi said. He said the fifth ledger art mural is called Arrow Throwing and it exhibits a young Cheyenne boy taking part in the arrow throwing game.

"Both the Cheyenne and Arapaho people play this game," Levi said. "This is a children at play scene." The Cheyenne Girl's Camp is the final mural of a young Cheyenne girl and her own camp. She holds a doll in her hand, has a small tipi, a meat drying rack and play animals.

"I think this is the first large scale depiction of ledger style art anywhere in the United States, which is great because ledger art is a traditional style of art for the Cheyenne and Arapaho people," Levi said.



Photos by
Rebecka Lyman



Above: Ledger Art line the walls of the new Cheyenne and Arapaho tribes Food Distribution program grocery store/warehouse in Watonga, Okla.

Left: Artist, George Levi autographs his artwork.

Levi said he asked a fellow Cheyenne tribal member and artist William Stepp of Elk City to help out with the murals. "He helped with the two larger murals, Arapaho Buffalo Hunt and Cheyenne Summer Camp," Levi said.

Levi thanked the Cheyenne and Arapaho Food Distribution Program Director, Troy Little Raven, all the food distribution employees, Culture and Heritage Directors, Karen Little Coyote and Dale Hamilton for providing funding for the project.

"It is a great endeavor for the Cheyenne and Arapaho tribes," Levi said.

Motivational speaker encourages Native American students

By Rosemary Stephens, Editor-in-Chief



Photo by Rosemary Stephens

Chance Rush greets an El Reno High School student.

"Native American students, to this day, still struggle to graduate from high school," Teresa Dorsett, Cheyenne and Arapaho tribes, education executive director said to students in the audience.

Dorsett addressed Native American students at El Reno High School on March 9, 2011 before introducing motivational speaker, Chance Rush. She told the students the education department was there to help all Cheyenne and Arapaho students with their educational needs.

"You can come see us about summer programs, our mentoring program and as part of our service to you guys, we are holding this assembly today to have Chance Rush talk to you guys today ... it is my honor to introduce Chance to you today," Dorsett said. "Chance travels all over the

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Photo by Rebecka Lyman
Chief Larry Roman Nose

Cheyenne and Arapaho Chiefs and Headsmen held a special session with Cheyenne and Arapaho tribes' Gov. Janice Boswell on Mar. 4, 2011 at the Community Hall in Concho, Okla.

According to the Cheyenne and Arapaho constitution, which states, "A special session of the Legislature shall be held annually in March. The purpose of the Special Session shall be to meet and counsel with all Chiefs and Headsmen regarding the needs and welfare of the Tribes and its members. Each Chief and Headsman shall receive an invitation to the Special Session."

Cheyenne and Arapaho Tribal Tribune
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Photo by Rebecka Lyman

Lucky Star Casino’s event coordinator, Kristy Solansky presents a donation to the Cheyenne and Arapho tribes’ Indian Child Welfare program on the behalf of Cato’s clothing store.

Pictured l-r: Andrea Willis, ICW caseworker, Yolanda Woods, ICW caseworker, Kristy Solansky, Jennifer Boettger, ICW caseworker and Clara Cunningham ICW caseworker.

The Cato Corporation in El Reno, Okla. donates \$100 dollars to the Cheyenne and Arapaho tribes’ Indian Child Welfare (ICW) on Feb. 23, 2011.

Cato’s store manager, Angela Johnson said she believes in giving back to her community.

“We like to give to the community because the community gives to us,” Johnson said.

Lucky Star Casino and the local Cato clothing store work closely together to arrange the donation.

“Angela called me up and asked if I knew who to give the money to ... I told her give it (the money) to the children,” Kristy Solansky, Lucky Star Casino, events coordinator said.

Johnson said Cato’s program, Grassroots Marketing, is designed to support the local community relations and the purpose is to give the same support to the community as it gives to Cato.

University of Nevada athlete honored for tribal, school achievement

RENO, Nev. (AP)-In basketball, success is usually celebrated with the ceremonial cutting down of the net to mark a championship.

But on a recent Saturday at the University of Nevada, Reno’s Lawlor Events Center, success on and off the court was celebrated through a traditional Native American gifting ceremony seldom, if ever, seen in a college basketball arena.

Tahnee Robinson, a senior guard on the UNR women’s basketball team, received a Pendleton blanket from the Pyramid Lake Veteran’s and Warriors Association in honor of her community service with Native Americans in northern Nevada.

“It’s a tradition,” said Michelle McCauley, university intertribal higher education coordinator. “If someone is given one, then it means that they’ve done something very special. It’s a very high honor.”

The ceremony was a part of a celebration of local Native Americans in conjunction with the Feb. 26 Wolf Pack women’s game against the New Mexico State University Aggies.

Finding camaraderie can be difficult for Native American students at UNR. There are only 173 self-identified Native American students out of 16,681 students at the school, according to McCauley.

McCauley she hopes that events such as the ceremony held Saturday can help invigorate Native American students and forge links with local Native American communities.

“It is a challenge finding community because many of the students don’t know anything about their songs, traditions, or languages,” McCauley said. “I’ve heard the term of ‘walking in two worlds’ and that’s what Native Americans at UNR have to deal with: adaptation.”

The pre-game ceremony featured a performance of the *Shoshone Flag Song* by Gale Hanson of Bishop, Calif. The Pyramid Lake Veteran’s and Warriors Association, also known as “Namu Tookwasa,” performed an honor guard presentation.

“‘Namu Tookwasu’ means people of the black shirts,” McCauley said. “It’s what the Paiutes called the cavalry when they first came to the area with the settlers.”

Native American Student Organization President Chelsea O’Daye also performed the “The Star Spangled Banner” prior to the start of the basketball game.

During halftime, a Native American hoop dancer performed on the court and the group Echo Sky performed pow-wow music.

For each game attendee, Wolf Pack head coach Jane Albright donated \$1 to Nike N7, a program that provides funding to get American Indian and Aboriginal communities in North America involved in sports.

Nike produces special N7 products and the proceeds from sales fund grants and sports programs in Native American communities, according to the Nike N7 website.

The first 500 children to come to the marketing table received a Nike N7 T-shirt and the team wore apparel from the Nike N7 collection during the game, Albright said.

Nevada is the only NCAA Division I-A women’s team that has a partnership with N7, she added.

Robinson was given the Pendleton blanket on the court before the game, but a more formal ceremony was held afterwards.

Albright said the event to honor Native Americans started because of a relationship the UNR basketball team has forged with the local Native American community through Robinson.

Robinson is a Shoshone tribe member from Fort Washakie, Wyo., and is one of the few Native Americans competing in NCAA basketball.

“Our team is very diverse, and we’re interested in the progress of all of our



Tahnee Rose Robinson

players,” Albright said. “We learn from all of their unique experiences what they have had to offer.”

Robinson, a general studies major, transferred to UNR from Sheridan College in Wyoming in 2009 and was named Western Athletic Conference Newcomer of the Year and first team all-WAC last season, according to the Nevada Athletics website. She also is a current semi-finalist for the Sullivan Award for the 2010-2011 season.

Robinson has reached out to younger Native Americans, talking about her experiences playing in college basketball and about her experiences with alcohol addiction, which affects the American Indian population at disproportionate rates, Albright said.

“The fact that she is a Division I athlete and that you have to stay in shape to compete at that level has been very important to her,” Albright said. “She no longer drinks and tries to share her experiences with that.”



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Cheyenne teachings

By the late John L. Sipe, Jr., Cheyenne Chief and Tribal Historian

It was in 2006 that Cheyenne Chief and Tribal Historian John L. Sipe Jr wrote this prayer on Cheyenne Teachings. He wanted to explain some of the offerings and why certain offerings were used. He was born in Clinton, Okla. on March 23, 1951 and died on Jan.24, 2008.

In 1998, he was seated as a Chief in the position formerly held by Bear Tusk. This was at the request of Northern Cheyenne warrior societies and according to the long held and honored protocol of seating a chief. He was honored that the warrior societies followed traditional Cheyenne protocol with his seating. Before becoming a Northern Cheyenne Chief, Sipe had been a member of the Cheyenne Bowstring Warrior Society. His youngest son, Ah-in-nist Sipes, was initiated into the Crazy Dog Society in 2010 while recognizing his father as a former Cheyenne Bowstring Warrior Society member.

Chief Sipe provided extensively contributions of his

According to the Cheyenne way, there is the use of Cedar, Sweetgrass, Tobacco, Colored Cloths, Pipe, and an Eagle Feather to communicate with Maheo, Creator of this world and all worlds, and is used to make offerings for all the blessings of this life. It is part of the Circle of Life for the Cheyenne people.

The circle of life for the Cheyenne starts in the southeast direction when one is born; i.e.,newness, hope, renewal. One reaches young adult/teenage years, it moves to the direction of the southwest; i.e. wonderment, learning, discovering one self. Adult life reaches toward the direction of the northwest. This is time of contemplation, establishing what in adult life they have accomplished. When one dies the circle of life closes back the northeast and reunited at the beginning, starting again the Cheyenne circle of life. This presents hope to everyone. It is our Cheyenne belief that the spirit will walk the Seana (Milky Way) to the pathway of the Spirit World , Maheo (God). The prayers and blessings are for those who are mourning, sick, or sad due to death of a loved one. Fearful about one’s family, seeker of good health and petitioner of prosperity for the people of the tribe and all people and Mother Earth.

Bundle:

All things come wrapped, even as a baby is born, it is wrapped in the water of birth and in the mother’s protection. A Bundle is wrapped to be passed from this place to the next place. It can be an offering from one or an offering from many people. Many of the items contained come from all over the Great Turtle Island. Many Cheyenne people are familiar with sending bundles in different directions and included would be words of encouragement, prayers, blessings, hope, care, concern, friendship, respect and honor. All wrapped together with offerings into a bundle. Teachings come from Cheyenne Ceremonial men and women and Traditional Healers, all agreed that bundles are important to carry to the many of the people plus other native people.

Colored Cloth:

The five colors of the cloth strips tying the bundle include red, blue, black, green and yellow. To the Cheyenne the yellow represents the sun, the green represents the earth, black is victory or death, red is life, blue is for the sky or universe. All activities are done with cloths tied with these colors. The cloths are part of the gift that can be given or passed on to others. The colors are also associated with the circle of life.

Tobacco:

The Tobacco itself, once put into the pipe and lit will carry the prayers to the elders and the keepers of the fires in the spirit world. Cheyenne people used tobacco by mixing it with sage for use in blessings and prayers. After smoking, the ashes contained in the pipe are buried in Mother Earth, acknowledging the four times it takes to complete prayers. The sacred offering of food is used. Meat, fruit, corn, bread and water. This food is buried in the earth with the ashes of the tobacco upon completion of blessings and prayers. The tobacco comes from offerings and is used in many ways including ceremony. Tobacco was part of a sacred offerings sent to this Cheyenne Chief during his year of suffering and he wants to return the part of this gift back on behalf of the Cheyenne Chiefs, Headsmen and Ceremonial people. That is why I am writing this offering. It is to be a gift for others to read and have.

Cedar:

The cedar, gathered from many places that it grows, is used for cleansing of the body because the body, when harmed, is in need of cleansing or renewal. Cedar has life for all four seasons of the year and is able to give hope because of the belief in life even when winter or suffering is present.

Sage:

No matter how the Cheyenne use Sage, if it is destroyed, cut off, or dies back, it will always come back. It is used in ceremony because it has everlasting life. The sage is mixed with tobacco for ceremonial use. Many times particular Sage may come from the site such as the Sand Creek massacre since there was suffering that occurred at that site. Now Cheyenne people are able to collect Sage, that ancient plant that was used by the Cheyenne when they camped and now used to remember the blessings and prayers offered in their behalf. There is a certain way to gather Sage so it is important to pass on this knowledge to younger generations.

Buffalo Hide:

The buffalo is the food, clothing and shelter. The Cheyenne respect the buffalo because it surrounded their whole life and they could not exist without the buffalo.

In the Cheyenne Creation stories, the Buffalo is the one who offered itself up so that the Cheyenne people could have food, clothing and shelter. This is a sign that the Buffalo cared for them. It became an important animal to acknowledge, respect and honor. Typically a strip of Buffalo hide comes from a hide that is used when the Cheyenne people have their memorials to honor those who have gone before them. In more recent times as told from the ways of the Cheyenne Chief; it was near the time of 1900 that the Cheyenne people with their small herd had a buffalo born that was pure white. This gave hope to the Cheyenne people living at that time because this buffalo being born meant that the old ways were still intact. This was also the same belief that existed when another white buffalo was born in 2000. It is the belief that every 100 years

cultural knowledge to the Oklahoma History Society, OU Western History Collection and the OU Archeology Survey plus many other museums and historical societies across the western United States.

He organized the Ft. Marion POW and Sand Creek Massacre Descendants Gathering and also place veterans headstones at Concho and Calumet cemeteries for the graves of former Cheyenne scouts from the 1800s. For a number of years he submitted historical articles as a feature writer on his family and the Cheyenne people to the Watonga Republican newspaper. He took pride in his lineage from war chief Medicine Water and his warrior woman wife, Mochi.

In honor of his birthday, I am submitting this prayer to acknowledge John’s work and his contribution to preserving Cheyenne teachings and Cheyenne history. Submitted by Dolores Subia BigFoot (Sipes), PhD, and wife of John L. Sipe, Jr.



Submitted photo

John L. Sipe, Jr., Cheyenne Chief and Tribal Historian

a white buffalo is to be born. This gives reassurance to the ceremonial and traditional people that Cheyenne people will always be a people; that they will always have their ceremonies.

Pipe and Pipe Stem:

The Pipe is the covenant of the Cheyenne people and of the Ceremonial Priests, Chiefs, Headsmen and warrior societies. It is used in praying and for blessings. When smoking the sacred pipe, the sacred directions are included in the blessing. Cheyenne people raise the pipe to Maheo, above, then to the ground to connect with Mother Earth, then to the Keeper of the underground spirits and then to the four directions starting with the southeast, on to the southwest, to then circle to the northwest, and finally toward the northeast which then closes the sacred circle of life before one’s spirit enters the spirit world.

This pipe has been with Cheyenne for generations coming from their sacred mountain in Bear Butte. When the pipe is smoked, it will call the spirits of the elders in the spirit world to look down on the children and the people who are suffering. This is the reason this gift of knowledge is being given by this Cheyenne Chief.

The Stem is made from sumac, cut and hollowed to be a reminder that Cheyenne people have a spirit within them. They are to drawn up that spirit to guide them and take them forward toward their Creator. The smoking of the pipe is used and prayers go forth to the Spirit World by the smoke from the tobacco. The pipe of the Cheyenne is a covenant that has been the center of all our prayers for generations unknown. It opens the door to the spirit world and the spirituality of the elders gone on to bless the people from the children on to the adults of the tribe. The smoke carries the prayers upward beyond the clouds to where the eagle flies and blesses our people young and old. The prayers sent forth and blessings also are for all people, earth, animals, and the general well-being of mankind. The sacred pipe is a representation of the universe and Maheo (God). In the Cheyenne way, the person doing the pipe ceremony will call the spirits together before smoking by saying, “Calling all my relations.”

There is a way to take care of the pipe to use for blessings and also to take care of it when it is no longer able to offer blessings. It is at this time that if a sacred pipe is damaged, cracked or needs to be retired; it is wrapped in black cloth and buried with prayers and brushing off. If a new pipe is brought by an individual, it is prayed over, smoked off with an eagle feather(s) by a Ceremonial Priest so it can be used in prayers and blessings.

Eagle Feather:

The Eagle is the one who used his wing to bring the words of prayer to Maheo. All parts of the Eagle are considered of worth. The Eagle wing to brush off and bring people together; the Eagle head to hold above and provide a vision for the future; the tail feathers to use in honor of each other; the claws for making of

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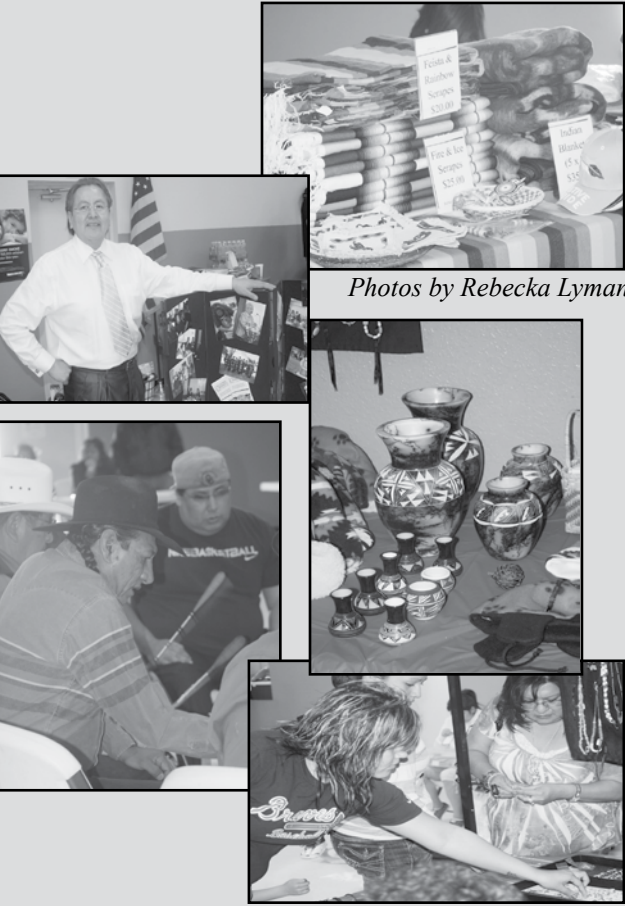
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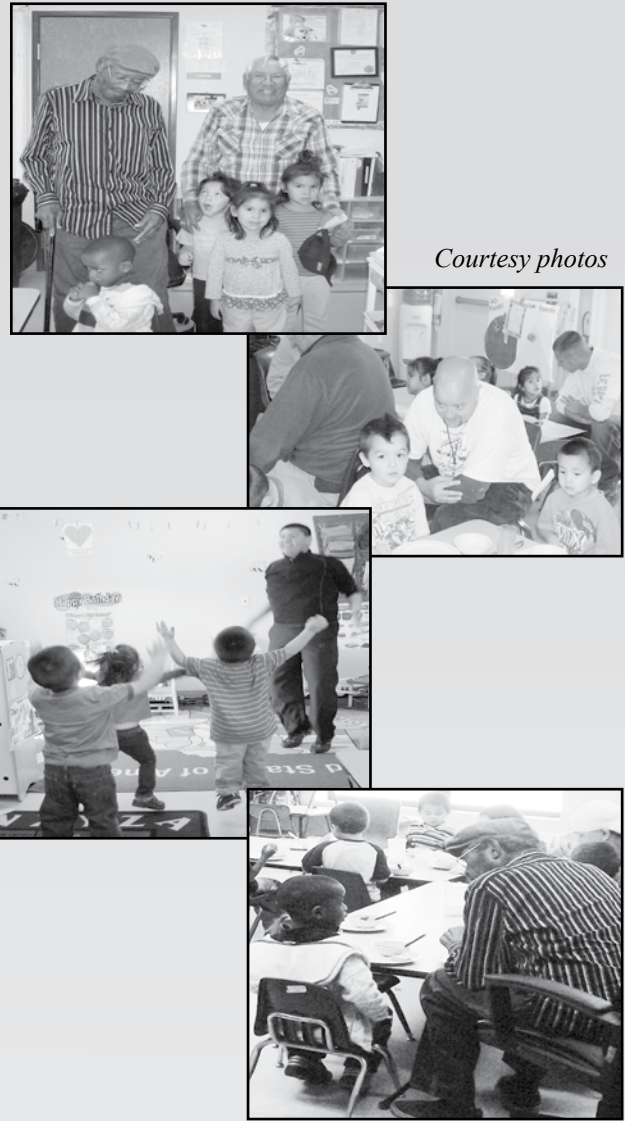


Photos by Rebecka Lyman

Many gathered for the Cheyenne and Arapaho tribes' Inidan Art Market held on Mar. 11, 2011 at the Concho Community Center in Choncho, Okla.

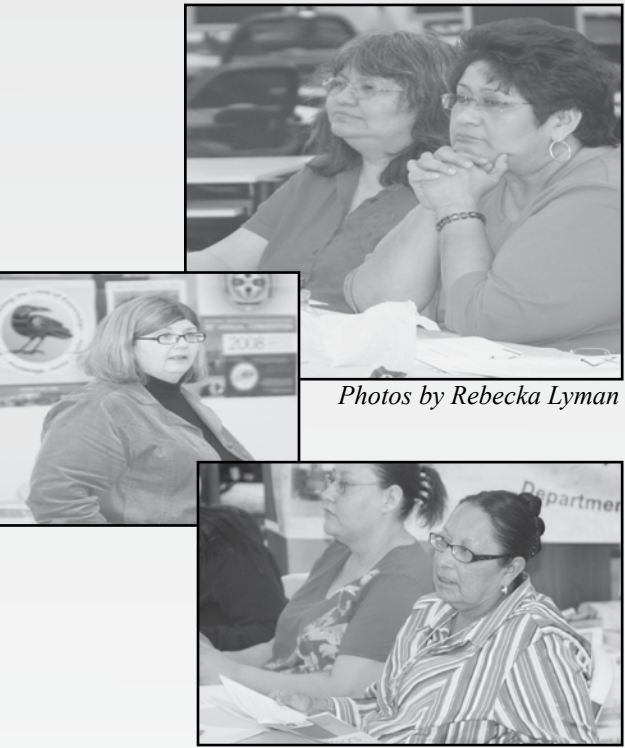
Hand made jewelry, blankest, shaws and pottery was on display for sell. Many tribal programs set up booths with information about services.

A Man's Fancy dance contest was held and Dr. Henrietta Mann shared about Cheyenne and Arapaho history with the Darlington students.



Courtesy photos

On Feb. 23, 2011 the Clinton Head Start students took pleasure with the time shared with the male figures who took time out of their day to spend with the children. When finished with their visit, they all took a field trip to the Omniplex Science Museum in Oklahoma City, Okla.



Photos by Rebecka Lyman

On Mar. 3, 2011 the Oklahoma State Department of Education was at the Cheyenne and Arapaho Education building in El Reno, Okla.

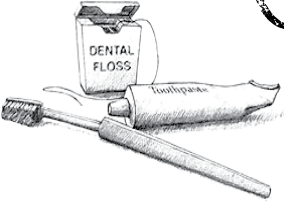
The purpose for their visit was to train and certify the teachers and student aids in Class Assessment Scoring System (CLASS).

Pam Sutton, Cheyenne and Arapaho, Education manager said the training is to benefit the teacher, to be a better teacher for the children who attend the Cheyenne and Arapaho Head Start facilities.

When your HEALTH matters

By Dr. Baguidy
Watonga Dental Clinic

March is Dental Health Month



Did you know that dental health is an integral part of one's overall health?

Health issues due to medical conditions such as diabetes, pregnancy, or certain medical complications such as kidney and liver require much more than just medications alone to alleviate those medical problems to the body. An improved or good dental health can help.

Good or improved dental health starts with the basics, by keeping your teeth and gums healthy. How do you achieve this?

Brushing your teeth on a regular basis, at least once a day, twice is recommended, morning and before you go to bed at night (brushing in the morning will help maintain good breath throughout the day. In addition to good breath, will help keep mouth cleaner, minimize the number of cavities. Rinsing at least daily using a mouthwash solution leaving mouth cleaner by cleaning out remnants of food particles decaying in the mouth that could promote tooth decay and/or gum diseases.

See your dentist. Having regular check-ups, at least once a year, having your teeth cleaned, at least once a year, having cavities filled and having bad teeth removed.

Improve your diet taking advice from a registered dietician at the Clinton Indian Health Center. Cut down on sugary food that accelerates tooth decay and gums diseases. How an improved dental health can help improve your overall health? If you are diabetic it can result in better control of your diabetes by minimizing infections that could result in blood sugar levels becoming erratic (very high, very low or unstable).

If you are pregnant alleviate medical problems that can result in low birth weight, minimize medical problems being transmitted to your baby, increased awareness of what can adversely affect you and your baby, dieting choice, tobacco use, illegal substance abuse. If you think you are already in good health good dental hygiene can result in higher self-esteem, socially attractive cleaner looking teeth, improved smile and better breath. Increased awareness of what can adversely affect your body and overall health, long term use of smoking cigarettes, chew, spit, snuff tobacco and it is estimated that tobacco smoking is higher in the Native population, alleviate serious medical problems with illnesses such as asthma, bronchitis and lung cancer. According to the Center for Disease Control, nationally, lung cancer is the leading cause of cancer death among American Indians and Alaska Natives

What is offered at the Clinton Service Unit various dental clinics? Dentists, hygienists and dental assistants that can help with your questions and answers to your dental concerns. All you have to do is to contact any of the clinics that are the closest to you.

Also offered are community outreach programs for schools to perform dental exams, as long as the parents or guardians give their consent. We provide dental sealants for the kids in order to prevent decays in early age children. Tribal outreach programs to provide tobacco counseling is offered at all three clinics as well as tobacco use cessation programs.

Handwashing stressed at Clinton Service Unit

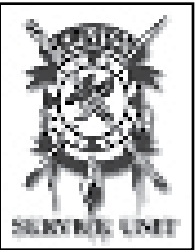
By Jane Nickel, RN, ICP, Clinton Service Unit

The Infection Control Department at the Clinton Service Unit cares about and monitors patient safety and infection control at all of our facilities.

One way that we do this is by giving patient education on the benefits of hand washing and that washing your hands is the best way to reduce the spread of certain illnesses. The definition of hand washing is using soap and water, alcohol based foam hand sanitizer or using the hand sanitizer wipes. Hand washing should be done regularly. As well as cleaning and disinfecting commonly touched surfaces in the home or work place.

At the Clinton Service Unit we also care about the hand washing habits of our healthcare providers. We monitor the hand washing practices of our providers by direct observation from other employees and by asking patients to observe and complete a hand washing survey. These surveys are done four times a year and your help is very important. If you have appointments at any of our facilities at a time when these surveys are being done, we ask you to take a few minutes to fill one out. You do not have to put your name and drop boxes are provided for surveys to be returned confidentially. The results of the surveys are taken seriously.

Hand washing surveys are one way that the patients and employees of the Clinton Service Unit are "working together to build a healthier tomorrow."



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EATING well for DIABETES

By Lyndsay Seawright, MA, RD/LD
C&A Diabetes Wellness Program

Cooking with your crock pot

As we draw closer and closer to warmer weather it seems as though our families get busier and busier. Many extra curricular activities begin in the spring for our children, which decreases the amount of time we have to cook dinner at home. In these busy times it may be a good idea to utilize the convenience of a crock pot! A number of recipes and cookbooks are made specifically for slow cooker meals at all times of the day.

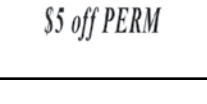
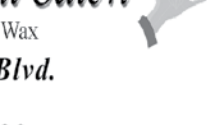
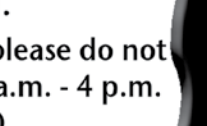
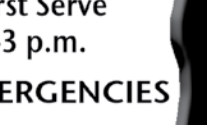
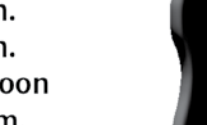
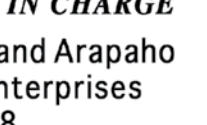
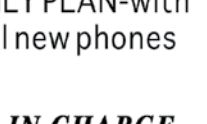
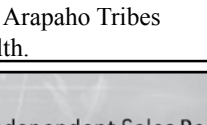
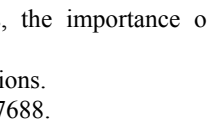
Below is a recipe for crock pot lasagna. The use of ground turkey and whole wheat lasagna noodles help to make this a tasty and healthful recipe. Since it cooks in a crock pot it is truly simple, as well. Pair this with a green salad and fresh fruit for a delicious and healthy supper.

Crock Pot Lasagna
1 jar of your favorite marinara sauce
1 lb ground turkey

½ package whole wheat, no cook, lasagna noodles
4 oz ricotta cheese
¼ C parmesan cheese
½ C mozzarella cheese
Pinch of crushed red pepper (optional)
Brown turkey in a sauce pan. Add marinara sauce and set aside (add optional crushed red pepper for an extra kick).
Mix parmesan and ricotta cheeses in a bowl and set aside.
Layer ingredients in crock pot in the following order until all are used: marinara mixture, noodles, ricotta mixture, and mozzarella cheese.
Turn crock pot on low and let cook for approximately 3 hours, or until noodles are tender.
For any questions or concerns regarding nutrition, weight management or diabetes please contact the Cheyenne and Arapaho Diabetes Wellness Program at (405) 422-7688.

March is National Nutrition Month!

Join us for a **lunch-n-learn** to gain more information about your health.



Benefits of Walking



With spring just around the corner, it’s time to start thinking about getting out and about. This is just the time to start an exercise routine that will improve your health and overall well-being.

Walking has many benefits that will do that for you and it’s cheap. It comes natural for most and requires little effort other than placing one foot in front of the other, so sticking with it is easier.

Some benefits of a regular walking routine are it reduces your risk of Type 2 diabetes. It makes your muscles more sensitive to insulin so glucose does its job inside the cells rather than accumulate in your blood stream. Strengthens your bones, muscles and joints, which are especially important for elders as it reduces falling and serious injury from falling. Walking also boosts your immune system.

Those that exercise have a much-lowered risk of acquiring diseases such as arthritis, heart disease, stroke, Alzheimer’s and some types of cancer. It keeps you mentally sharp and gets the blood flowing, which nourishes your brain and stimulates neuron production, especially well for elders experiencing memory loss. Exercising reduces cravings that help with diabetes and obesity, reduces stress, increases your energy level, and lowers your blood pressure and helps increase levels of healthy HDL cholesterol. More benefits of exercising are improved sleeping habits and lightens one’s mood.

Here are some walking tips to help start a routine, wear comfortable shoes, take at least three 30 minute walks a week (more is better). If walking 30 minutes is difficult at first, work up to it and walk briskly. The 30-minute walks can be divided into three 10-minute walks a day. Get a walking buddy or buddies so you are more likely to stick with it.

You are never too old to start a walking program. Those with serious health problems consult your doctor first.

“Walking is man’s [and woman’s] best medicine”, - Hippocrates.

By Nancy Ross

Higher education application deadlines

The application deadline for students who need to attend summer school in order to graduate with their class this year is April 1, 2011. If you will be able to walk with your graduation class in May 2011 but are required to complete course requirements in the summer, we may be able to assist you to complete graduation requirements at the end of summer school.

Send a completed gaming application, a letter from your advisor listing your anticipated date of graduation and a degree check, a CDIB and a class schedule listing tuition costs for the summer of 2011.

The application deadline for students who will attend college or university in the fall is June 1, 2011. Applications received on June 2, 2011 will not be considered for BIA-HIE.

If a student cannot attend school in the fall but would like to apply for a Spring 2012 scholarship, that application deadline will be Nov.

1, 2011.

The BIA-HIE application can be copied from our website www.c-a-tribes.org/education under higher education ‘application requirements’. The gaming application can also be copied. Original applications should be mailed and not faxed. Applications with postmark dates of April 1 or June 1, 2011 will be accepted.

New students will need to send all documents listed on the application check list. Continuing student need to send only five documents: 1) a new higher ed application, 2) a new statement of privacy form, 3) a new Financial Need Analysis form, 4) a new class schedule for fall 2011 and 5) an official transcript of spring 2011 grades and summer grades, if attended. Additional documents will need to be sent if the student has transferred to another school.

Contact wwhiteman@c-a-tribes.org for more information.

Financial Aid at a Glance



Complete and file the free application for Federal Student Aid (FAFSA). The applicant needs tax information from the prior year. Even if taxes have not yet been filed, the applicant can use estimated data and update the FAFSA after taxes are completed.

After filling out income and asset information on the FAFSA, the applicant inputs school codes for all of the colleges the student has an interest in attending.

Based on the family’s situation, a federal formula calculates how much the family should be able to contribute to-

ward the student’s cost of attendance.

The schools that receive the student’s FAFSA will look at the information and send the student a financial aid award letter. The award letter includes information about scholarships, grants. Loans and work-study for which the student is eligible.

If the student accepts a loan as part of the award package, the school will give the student instructions on how to fill out the promissory notes.

The aid will disburse through the financial-aid office on campus.

ALL HIGH SCHOOL JUNIORS

The University of Oklahoma (OU) Junior Boomer Day is Friday, April 22, 2011.

Junior Sooner Day is Saturday, April 30, 2011.

Registration begins on Friday, March 25, 2011 at 8 a.m. ONLINE. Sessions fill up quickly so register early.

Visit www.ou.edu to register.



The American Legion Post 401 held a monthly meeting on Feb. 24, 2011 at the Cheyenne and Arapaho Housing Authority conference room. There were several guests and the organization continues to gain new members and auxiliary. Thank you to Lucky Star Casino in Clinton, Okla. for

your support of our veterans. Thank you to all of those who attended the meeting.

The next meeting will be at 6 p.m., March 22, 2011 at the Concho Community Center in Concho, Okla.

All Veterans, Members of Post 401, Auxiliary, and Guests, we invite you to join us.

Ultimate Cornbread Cooking with USDA Foods

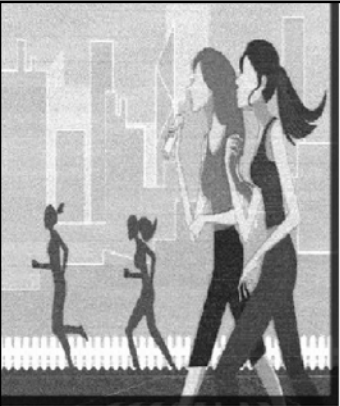
Recipes furnished by the Cheyenne & Arapaho Food Distribution Program



- 2 ½ cups Bakery mix
- 1 cup sugar
- 2/3 cup cornmeal
- ¼ tsp baking powder
- ¼ tsp ground nutmeg
- 2 eggs
- 1 ¼ cups milk
- 1 ¼ cups butter, melted

In a large bowl, combine the first five ingredients. In another bowl, whisk the eggs, milk, and butter; stir into the dry ingredients just until moistened. Pour into a greased 9-inch square baking pan.

Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 15 minutes before cutting. Serve warm.



100 Mile Walking Club Clinton, Okla.

SIGN UP :

Watonga: Friday, March 18, 2011 10 a.m. - 2 p.m. Watonga Food Distribution Center

Clinton: Thursday, March 24, 2011 10 a.m. - 2 p.m. C-A Housing Authority

Nutrition Information, Blood Pressure checks, NRC incentives and Door Prizes For more information call Juanita Trout (405) 201-0521 or the CHR Office at (405) 422-7670 or (405) 422-7672 Toll Free: (800) 687-0093

GOLFERS NEEDED Sunday, March 27, 2011- Surrey Hills Golf Course

Hosted by Kecia Sharp’s softball team, Oklahoma Original Ultimate

Sharp needs one team to fulfill her obligation to the team. Cost is \$300/team or \$100/hole sponser.

Please call Jonathan Sharp at (405) 255-0711 if interested

Kecia Sharp is the daughter of Stacia Tai-Welbourne and Jonathan Sharp. Her maternal grandparents are Georgianna PrairieChief-Welbourne and the late Thurman Welbourne.

Lady Shawls-All Sizes All Colors

Young Girls Shawls

→ Solid Colors

→Disney-Tinkerbell

→The Princess & The Frog

→ Cinderella

→Hannah Montana ... and more

★Girls Cloth Dance Dresses w/matching Shawls★

For more information or to order contact Jamie Norris (405) 295-2349 ♥(405) 651-1115 ♥jlnorris5467@yahoo.com

The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.



Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides

Counseling for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

Advocacy in obtaining victim’s protective orders and referrals to agencies that may be of assistance to them.

Support for clients and their families while in crisis.

For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692

This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice

Authentic Native American Art

Pottery Fetishes Jewelry



Eleanor Lefthand

www.agalleryofnations.com

BRIEFS

Indian Housing Law

March 21-23, 2011 at the Platinum Hotel in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

Assessing and Revising Personnel Policies and Procedures for the Tribal Organization

March 21-23, 2011 in Albuquerque, N.M. For more information visit www.falmouthinstitute.com.

Native American Finance Officers Confer-

ence-Strengthening Tribal Sovereignty through Sound Financial Management

March 22-23, 2011 at the Pala Resort Spa and Casino in Pala, Calif. For more information or to register visit www.nafoa.org.

Native American Law Conference-Reconnecting Economies: Indigenous Networks and Commerce

March 25, 2011 at the University of Idaho, School of Law, in Moscow, Idaho. For more information visit www.uidaho.edu.

The tenth annual Native Women and Men’s Wellness Conference

March 27-31, 2011 at the Hotel Albuquerque in Albuquerque, N.M. For more information visit www.aai.ou.edu/conferencetrainings/native-women-mens.

Native American Language Preservation Summit

March 28-30, 2011 in Phoenix, Ariz. For more information visit www.falmouthinstitute.com.

Emerging Trends in

Tribal Enrollment

March 29-31, 2011 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Indian Country’s Indirect Cost Summit

March 30-31, 2011 in Phoenix, Ariz. For more information or to register visit www.falmouthinstitute.com.

The 39th annual Symposium on the American Indian

April 11-16, 2011 at the

campus of Northeast University in Tahlequah, Okla. For more information visit www.travelok.com/listings/view/profile/id.13856/type.event.

Indian Community Development Block Grant (ICDBG) Training Program

April 18-20, 2011 in Oklahoma City, Okla. Introduction to the Indian Community Development Block Grant program, Community Development process, Indian Community Development

Block Grant application requirements and Grants Management, applying for the Indian Community Development Block Grant Program using Grants.gov. For more information or to register visit www.hud.gov.

The eighth annual Construction in Indian Country International Conference

April 25-27, 2011 at the New Wild Horse Pass Hotel and Casino in Chandler, Ariz. For more information or to register visit www.construction.asu.edu/ciic.

Motivational speaker

continued from page 1

country to speak and motivate Indian students and their families and I am very honored to have him here with us today.”

Rush said he was a proud Arapaho Indian and hails from El Reno, Okla.

“I currently live in Pawnee, Okla. I don’t know if any of you guys have been to Pawnee but I am sure your parents have because for some reason Indian love always seems to trickle over to Pawnee, Okla.,” Rush said. “But when I travel to speak I always say I am from El Reno.”

Rush said he wanted the kids to know four things, “first, I am not an actor, second, I am not a gold medalist, three, I am not a rapper and four I am not a politician ... so I can’t promise you everything.”

He said he was going to share a story with them but he wanted them all to know that each person sitting in the audience today had a story ... but it’s up to them if they are going to tell it.

“Think about it now, who is Chance Rush? He’s the father of two kids, has a family and resides in El Reno, Okla., he works hard every single day like anyone else and he loves who he is. That alone right there has allowed me to travel all throughout the United States and work with tribes,” Rush said. “I don’t want to be anything else ... I don’t want to be what you guys might want me to be ... you guys may want someone who is famous or is popular, but that’s not me. I am here because of those four things I talked about. I love being an advocate.”

Rush is a motivational speaker and a youth advocate. He speaks on drug and alcohol prevention, leadership, the importance of fitness, and the value of an education. In the past he has performed comedy acts in a number of venues throughout the country.

Rush spent part of his life growing up on the Standing Rock and Ft. Berthold Reservations in North Dakota before moving to El Reno, Okla. with his mother.

According to Rush’s Website, he states, “I am very grateful to be a son, a brother, a friend and most importantly a father and advocate for healthy living. Since the day I was born I have lived an alcohol and drug free life. I believe being an example for others is the greatest gift you can give. I believe that being consistent in my teachings, showing and being encouraging through my actions toward healthy choices for a better life style. Since becoming a father I realize how blessed I am to have the opportunity to use my talents for personal growth. Running college track was a positive influence in pursuing my education. I took my drive and passion from the 400-meter track to serve others. I believe we can all take what we are great at and apply it to our daily lives. My philosophy is simple ... be an example by living to influence others. It is never my business to judge how others live, however, if I encourage others to make healthy choices then I need to be setting that example as well. I am not perfect and won’t be until I am with my personal Lord and Savior, so in the meantime I will be an example.”

Rush also stated his influence is his walk with God. “My faith in Him influences everything that I do. My parents are also an influence to me. My mother raised me by herself and introduced me to God. She also taught me to never give up and her influence allowed me to discover many gifts and talents. With my gifts and talents, my Father taught me how to use them efficiently. The other person that was an influence to me was my grandfather, Everett Sweezy, he pushed me to be a better person to all people. In saying all of this, if I can’t visit an institution because I can’t honor my faith,

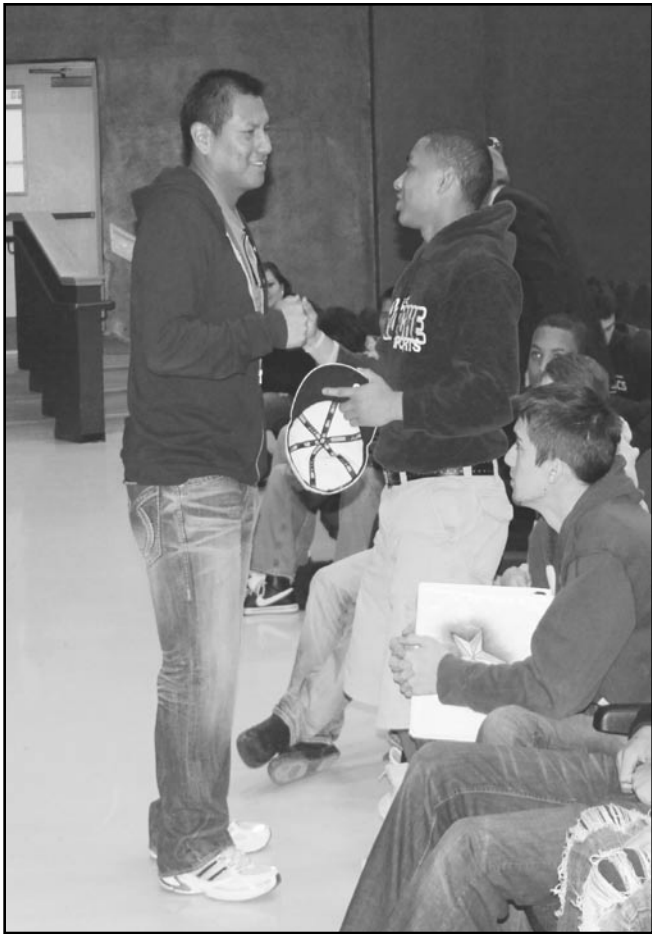


Photo by Rosemary Stephens

then I don’t want to visit at all,” Rush stated. To schedule Rush for a speaking engagement or event, call (405) 519-5466 or by email at chance@chancerush.com. Also, visit Rush’s Website at www.chance-rush.com.

A story of life, love and happy endings

Submitted article

My name is Ardena Black-owl Rodriguez, a member of the Southern Cheyenne and Arapaho tribes of Oklahoma. My mother was Mary Fay Shepherd, daughter of Grace Powderface Sagebark and Clarence Shepherd. She was their only child. My father was Archie Blackowl, Sr., his father was Wade Blackowl and White Cow Lefthand. I had one brother, Archie Blackowl, Jr. I graduated from El Reno High School in 1952, joined the Women’s Air Force and attended technical school at Francis E. Warren A.F.B. in Wyoming. I was then stationed at Donaldson A.F.B. in South Carolina.

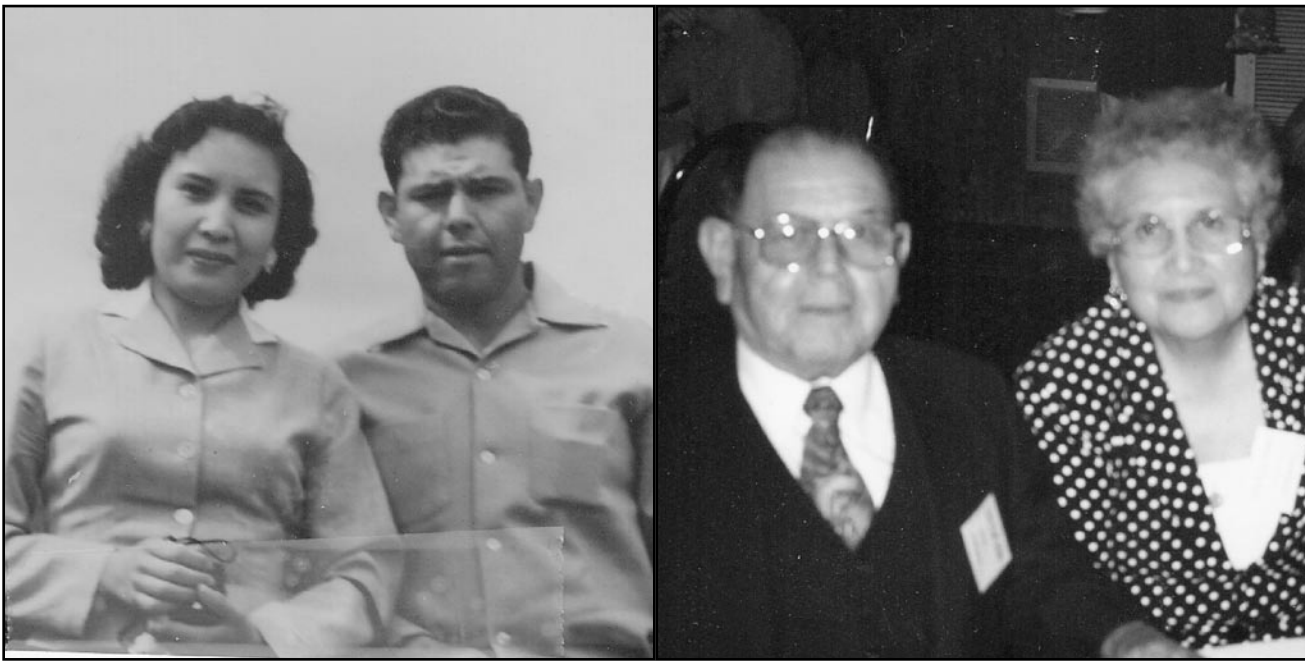
I met my husband Robert Tellez Rodriguez at Donaldson A.F.B. shortly after his return from Korea in 1954. We were married in August 1954 in Greenville, S.C. We have three children, Robert, Patricia and John, who have given us eight grandchildren and three great-grandchildren.

My first overseas experience was Bitburg West Germany where Robert was assigned to the 22nd Fighter Squadron. We were privileged to know many fine people in the group who eventually went on to become very famous. Robert was the crew chief for Captain Ed White, who became an astronaut and later perished in a fire while on the launch pad. Another famous person in the group is “Buzz” Aldrin the astronaut who still attends reunions. Robert’s group made many trips to warmer climates for gunnery practice for the new F100’s, new at the time. One of the places visited was Tripoli, Libya, which he recalls as being a beautiful place with the beaches, architecture from ages past. The squadron also trained in Sidi Slamane, French Morocco, and in Southern France. Germany was a special time for me as I converted to Catholicism and experienced a whole new world of becoming a so-called military wife. During our tour in Germany, our son Robert Maurice was born at Landstuhl Army Hospital, Ramstein.

Our stateside return was eventful as we returned the day Elvis Presley was leaving for Germany. New York came to a stand still as we had to stay over to retrieve our automobiles at a New Jersey port. Our next stateside assignment was to Webb AFB near Big Spring Texas where our daughter Patricia was born. While at Webb AFT, Robert was offered a position in the Canal Zone with the School of Americas, Albrook AFB. The students were from Central and South America learning aircraft fundamentals. Robert always said that his Spanish classes in high school would come in handy as everything was taught in Spanish, lesson plans, the typewriters used. Robert knew how to read, write and speak Spanish fluently, although each country had a certain difference, it was basically the same.

Our memories of Panama cannot be described fully. Our lives together with the children and new friends helped to solidify a long marriage. We still keep in touch with friends from those days although many have passed. Having live-in maids to care for your home is an experience in itself. Going to the beaches anytime of the year, deep-sea fishing, boating, not to mention those huge extravagant parties we often attended especially on New Year’s Eve. It was one big family that we experienced at Albrook. Our son Robert “graduated” from kindergarten, then attended his first year at a private school in the Canal Zone. We were able to enjoy bowling several times a week in leagues and tournaments.

Our next assignment stateside brought us back to Texas. Robert was assigned to Sheppard AFB near Wichita Falls.



Ardena Blackowl Rodriguez and Robert Tellez Rodriguez and Visiting American cemetery in Luxembourg, Germany where Gen. Patton is buried in 1956.

The Rodriquezs at Kimpo Air Base in Korea attending the reunion of the 335th Fighter Squadron.

Our son John was born there, so we have two Texas Air Force “brats” and one German. While at Sheppard, we made many trips back to El Reno and other areas visiting relatives and introducing the children to their Indian culture.

Robert received a notice at this time that he was being considered for an assignment to South America as a vacancy had occurred. Robert interviewed in Washington DC for the job and was accepted. Again, his Spanish lessons in high school paid off as he was given tests. He was accepted for the position in South America. We sold our home, took the kids out of school and were given a first class transfer to Caracas, Venezuela, South America. Robert was assigned to a military base outside of Caracas. There were actually three airbases there, all of the American instructors were at one base. There were only seven US military families assigned there teaching the students basically what he taught in Panama, different fundamentals, different aircraft, different people. What an experience and what a culture shock but it is something we’ll never forget. We lived in “quintas” or large homes,had live-in maids, received diplomatic privileges both from the Venezuelan government and the US Embassy in Caracas. Our children went to a private school whose headmistress was German. They were taught in both Spanish and English, both of which they accomplished. My baby John’s first language was Spanish. We had many functions we had to attend, one memorable one was being invited to a presidential swearing-in with all the pomp and circumstance that goes with it. One Christmas party at the US Embassy was eventful as the Ambassador played Santa for the children. We made many friends with the Venezuelans and learned to live among them. There were many foreigners also, many who had lived there for generations, including Americans. Many international corporations, Del Monte Foods, Alcoa, including the large oil corporations in Maracaibo. We became a part of the American and Venezuelan communities. We have many happy memories and were very sad to leave. Today, Venezuela is very different. We often think of our friends and the people and neighbors we knew there.

Robert retired from the Air Force in 1971 from Randolph AFB. We decided to stay in San Antonio because of relatives and close proximity to the military bases. We haven’t regretted our choice as we’ve settled down, bought a home and raised our family. Both of our sons joined the Navy, one in the submarine service and one served on a frigate, both were radioman. Robert visited the Far East, his submarine making it the first nuclear sub to enter a port in Australia and New Zealand. He was able to visit Hong Kong, Japan, Korea, Vietnam, the Philippines, also surfacing at the North Pole. His

enlistment was extended when the hostages were taken in Iran and was part of a fleet to go to the area. John served aboard a frigate and was assigned to the mediterranean area including Italy, Spain, Azores, Greece. He also was part of a group that helped in the Cuban area, mainly Guantanamo, for smugglers and exiles. Patricia married an airman and they lived in Warner-Robins, GA for four years. Her husband Jerry, who recently passed, also made their home in San Antonio, Texas. In the 1980s I became involved in a statewide organization named the American Indian Resource and Education Coalition or AIREC in Austin, Texas. Our mission was to inform and educate the public about our heritage. We incorporated and adopted by-laws according to Roberts Rules of Order. Many tribes were involved and I am proud to say I was the first president. We did have an impact and did have members invited to participate in the schoolbook debates, which occur every ten years. We had other programs which we became very active in such as repatriation. Ft. Hood, allotted AIREC some land for a cemetery. We invited many tribes to join with us in repatriating remains from private citizens and museums. Unfortunately, we were able to get only the Comanche tribe of Oklahoma interested, so we named the site for them. AIREC also sponsored an education conference annually. Although we received no funds except what we made through fundraising and business donations, we invited many influential Native Americans as primary speakers such as John Echohawk from NARF and Dr. Henrietta Mann, very well known educator throughout Indian Country. AIREC no longer exists but I’m proud of our accomplishments. We had many people who made a difference. One particular person is Penny Postoak-Ferguson, Choctaw, who later became an assistant city manager in San Antonio and who now holds the same position in Kansas City. Other people I am proud to call friends include Peggy Larney, Choctaw, educator in Dallas, Melinda Cain, Jacarillo Apache, social worker, who works for Homeland Security in Arizona, Diana Cudeii, Navajo, a dental consultant to several western tribes. She received her master’s degree here at the Utah Health Science Center and whose husband Bruce is a pediatric dental surgeon at Tuba City, Ariz. Steve Russell, Cherokee, retired judge, occasionally writes for *Indian Country Today*. All were once involved in AIREC.

Although age has caught up with us, we still enjoy visiting with friends, watching FOX news while the world changes. We’re so thankful for what we have and what a ride we’ve had together. We’ve attended reunions with Robert’s Korean outfit, which are held annually in different locations. One reunion took place on the same dates of the opening of the Museum of the American Indian in Washington D.C. We were able to march to the museum with all the tribes attending, to see the many events that took place including the Pentagon totem pole dedication, a powwow in a swank hotel. We also went to a private reception at the museum held for charter members and met Richard West, the first director who also happens to be a Cheyenne and Arapaho tribal member. We were able to meet with him and take a picture. He said he remembered my dad. During this time we also played tourists with our reunion friends, visiting the Arlington area, which had recently been dedicated by then President Bush, and an area at Arlington dedicated to women veterans.

See *A story of love*, page 7

A story of love

continued from page 6

Robert and I have had many happy years together. Family has always been our first priority. One granddaughter is in Japan with husband and son. She said they have climbed Mt Fuji, celebrated New Year’s Eve in Tokyo similar to our New York countdown, have ridden the bullet train, celebrated her birthday with friends in a restaurant where everyone sang to her, enjoying shopping, and the grandson is learning Japanese. We always tell them to go for it and be adventurous. This granddaughter was named after my grandmother Grace Sage at the Colony powwow when she was two years old. One of my other granddaughters teaches at a Charter School. Our sons and daughter have good jobs and are responsible citizens.

I attended schools at Concho, Chilocco and El Reno. My happiest memories growing up are with my two sets of maternal grandparents. My grandfather Clarence Shepherd was well known in the Kingfisher community and I remember many happy times on his farm although some of the work was tedious. My childhood friends included the late Joan Black whose grandfather was a preacher. My grandmother Grace Sage was who I loved more than anything. I remember my uncles and all my Arapaho relatives. My step-grandfather Nelson was a medicine man and I used to go with

them for healing. They were big peyote people and I remember going into the tepee in the morning when they brought in the water. I especially enjoyed the “breakfast”, the offering, the fire and the drum, the feast after. Those are memories from my childhood.

Today, I am especially proud of my father’s artwork and to know that he achieved prominence and respect among the Indian people and others. We are always pleasantly surprised when people know his artwork, many non-Indian. Archie Black-owl has become well-known as we have learned. The mural in the Concho complex was painted by my father and I have made a special effort to show it to my family. His portrait hangs nearby taken as a young artist.

As mentioned before, we will be celebrating 57 years together. Our wedding party was all in Air Force uniforms, married by a judge who looked just like Colonel Sanders. Everyone was amused especially our Yankee friends. We have left quite a legacy for our family.

One very important note to my fellow Cheyenne and Arapahos, I never forgot who I was and where I came from. I never dreamed I would have such an unusual life and meet many people in all walks of life. We were lucky and wish our young people will take advantage of all opportunities offered to them.

Cheyenne teachings

continued from page 3

sacrifice; the single feather as a offering, a gift. The Eagle feather, came to the Cheyenne Chief in a sacred way from the Creator and should be returned and make the completed circle.

How we came to use the Pipe Stone:

The story goes that it was in what is now called Minnesota. There were several young Cheyenne out on a scouting mission and saw a red buffalo and they were astounded by it and watched it. It started to run and they chased it. It ran and started wallowing in red dirt. The young boys investigated and ran onto the pipestone quarry. Therefore this became a sacred area.

Holy Words:

This gift of words and understanding is given in hopes it will open the door to knowing more about Cheyenne ways and the spirit world of the Cheyenne people. It is important to know that every Cheyenne person walks with their spirit every day. Sometimes the Spirit must be called back that is why naming is so important. Name giving is another important way in which holy words are used.

There are youth who may wish to draw on the teaching, ceremonies, sweats, or other ways of healing. Ceremonial people think often of these children and youth, wondering if these children were brought back in to the circle of life, were taught these ways, it would give them more meaning to who they are, where they came from, why they are here and where they are going. They would know their place in this world, they would uphold their lives, they would have something that connected them to their families, to their ancestors, and to those wait to come forth. This is the reason for getting a Cheyenne name.

This gift of knowledge and understanding is especially for



children who are suffering and have suffered in various ways; those who need help; those who are uncertain, those who just need reassurance, and those who may be curious. One way to show that others all across this Great Turtle Island are thinking of children and their families and to know and feel the blessings and prayers which are to uplift. This is to help uplift in a positive and provide teachings toward others as a ways to ease suffering and share the way of the Cheyenne people. We have strengths and good will toward others.

I, John L. Sipe, Jr, a Seated and Hereditary Cheyenne Chief present this gift of knowledge and understanding of the sacred pipe, sage, cedar and tobacco that carrying blessed by generations of ceremonial priests and holy people to all children and families for their wellbeing and sacred walk in this life.

Jodi Marquette

American Indian Wills Clinic

- Free estate, planning services for American Indians who are Oklahoma residents.
- Preference will be given to people who own Indian property.

American Indian people face many unique challenges in accessing quality estate planning services.

In an effort to address some of these challenges, the Oklahoma City University School of Law is pleased to offer free estate planning services through the Jodi Marquette American Indian Wills Clinic.

What Is Offered? - Estate planning provided by Oklahoma City University School of Law students under the supervision of a licensed attorney and clinical law professor.

Who Is Eligible? - Any American Indian who is a resident of the State of Oklahoma. Preference is given to those who own Indian land.

How Much Does it Cost? - No cost. Thanks to a generous anonymous donation, the work of the wills clinic is provided to clients free of charge.

Who Do I Contact? - To schedule an appointment or for more information contact the Native American Legal Resource Center at (405) 208-5017.

FEATHERWEIGHT

WORLD TITLE TOURNAMENT

WHERE FIGHTERS BECOME WARRIORS

AND WARRIORS BECOME LEGENDS

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37

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KARAKHANYAN

ZAC
GEORGE

VS

WILSON
REIS

ERIC
LARKIN

VS

KENNY
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Native Business: Trust

There will be many uncertain moments as a tribe, band, or first nation move to achieve economic diversification and prosperity. I believe that the Sovereign Nations that will enjoy the most success are those that have learned the principle of trust between people. Personal relationships are the key to the possibility of progress because it is impossible to know all things about everything. It is peoples’ connections, experience, and knowledge that allow entrepreneurs and leaders to traverse the business world and achieve goals. There is no better way to put oneself into position to succeed or defend against failure than to build the right team made up of players that can help you when a situation matches their skill set.

To set the stage for what I am about to write I first want to acknowledge that historically the Indian has been taken advantage of by many parties and this rightfully has created a suspicion of outsiders that do not understand our culture or history. With that said, I make the argument that today, the futures between tribal businesses and off reservation businesses are inextricably linked. I have been witness to the fact that the success of any company is due to the relationships that the owners make with others. The magic between people in business is when two parties grow to know each other so that they understand the other’s wants and needs and the relationship is such that one will help the other even if it does not result in direct benefit of the helper. This kind of relationship is the key to achieving extraordinary success. Let me give you an example in my life.

When I first entered banking I toiled with the balance of building my contacts and closing business to keep my job. I was mediocre at best but I tried hard and was given a chance to prove myself because my boss could see that I was a natural relationship builder where I genuinely liked people and listen to the events in their life that give background to how they came to be (I think this is one of my good Indian traits). As time went on I found mentors much smarter than myself with long track records of sustained success. They taught me that the first step to achieving extraordinary results is to relate to people and build trust; then find ways to help them because help almost always finds a way to come back. Helping someone does not need to be a big thing, it can be something simple. At a networking event I was introduced by a mutual friend to a banker that worked for a competitor. I took their card and asked them how they built their business. I liked this person and discovered that I could possibly help them so during our conversation I said there was a customer of mine that I should introduce her to. I explained I did not have a product that they needed but it sounded like there was a fit. We parted and I followed up a few days later after discussing this person with my customer. It was a match. A couple of months passed then I received a call from the banker I helped. This time she had a client that exceeded her lending limit and I was offered the opportunity to bid on the business. I won a \$2 million dollar deal that I otherwise would not have known about.

If you have the desire to build your business and would take suggestion on how to start, I suggest finding the right relationships. Talk with those you trust or someone you connect with at a tribal sponsored event. Let them know your challenges and listen to theirs. Offer anybody who you know and ask for introduction to anyone they think you should meet. If you do receive an introduction that is a name and phone number and feel nervous about calling, know that that is ok. Don’t make it into a big deal. You do not have to divulge sensitive information but instead ask them how they know the referring party. It will give you a basis for the conversation and depending on what they say you can decide if you want to further the discussion. If not that is ok, keep looking.

Also, if you get on the phone and the person starts talking about money like you are a meal ticket and not trying to determine a true connection that is ok too. They just don’t get it, keep looking. I think it is valid to point out that the people in best position to help are those that currently provide services to tribes. I am talking about the lawyers, CPA’s & auditors, bankers, food service providers and other vendors that already serve tribal businesses and governments. They want a stronger customer that can do business with them for a long time, why wouldn’t they want to help? If they have been around for a while their network of good people is likely to run deep which is a gold mine of resources. Start a conversation.



Jim Stanley is a tribal member of the Quinault Nation, Vice president of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He freely shares his knowledge and resources with you, his cousin, for your economic benefit. Jim can be reached at: sovereigndevelopment@hotmail.com.

Sand Creek Massacre Interview with award-winning writer/filmmaker Donald Vasicek



Courtesy photo
Donald Vasicek sits and talks with Cheyenne Chief Lair Cometsevah.

Richard Lerner, *A Story of Healing*, is going to be the director of photography and there are five Emmy award winners attached to the film.

Elmore: If somebody wanted to become a filmmaker, how would you suggest they go about doing it?

Vasicek: Every good film requires a compelling story. It has a main theme that holds everything together. It requires a beginning, a middle and an end. There are a host of books and seminars where one can learn to write scripts and make films. Film schools can be helpful as well, but most are very expensive and don’t give the student that much hands on experience. Learn about lighting, sound and camera via books, etc. Get a camera and an editing program. Go out and shoot. Bring what you shoot back to your computer and edit it. Continue doing this until you get the lighting, the sound, the images, the story, the characters, etc. right. Study films. Study scripts. Incorporate filmmaking into your daily life until it becomes your daily life and you will be well on your way to success.

Elmore: You are an awarding winning writer and filmmaker, tell us something about that.

Vasicek: I’ve won a variety of writing awards including awards from Writer’s Digest, Chesterfield Film Program, Sundance Screenwriter’s Competition, to mention those that come to mind. Filmmaking awards include Best Documentary Film, The Indie Film Festival, The American Indian Film Festival and the prestigious Golden Drover Award at the Trail Dance Film Festival.

Elmore: You have done a film called, *Ghost of Sand Creek*, please tell us about it and how we can get a copy of it.

Vasicek: *Ghosts of Sand Creek* is a feature documentary film. The story is being told from point-of-view of Cheyenne and Arapaho people. It will be the first film about the Sand Creek Massacre that tells the story this way and not the white man’s way. The film will take the

“I am honored to have the opportunity to interview award-winning writer and filmmaker, Donald Vasicek.”

Elmore: What kind of films do you make?

Vasicek: Documentary and feature films.

Elmore: What are you currently working on?

Vasicek: *Ghosts of Sand Creek*, a documentary feature film. Peter Coyote (who helped with *E.T.*, *Jagged Edge* and *Erin Brokovich*) is going to narrate the film. Academy award winner,

viewer to the numerous peace treaties the Cheyenne and Arapaho agreed to, without legal representation, from 1825 to 1890 when they saw their land shrink from 51 million acres to 160 acres each on reservations. Native people will tell their stories that their ancestors, survivors from the Sand Creek Massacre, passed on so that they can be recorded for historical purposes. Native Americans are dying due to white people’s diseases, poverty, alcoholism, drug abuse, etc. Their youth are becoming “Americanized.” It is my hope that *Ghosts of Sand Creek* will create enough exposure to allow us to lobby Congress to get them to legislate a bill that will require Native American studies on all school curriculums. I encourage all others to help me out in accomplishing this. I am in the midst of raising \$2.5 million to put the film into production. I am open to comments, questions and suggestions that will help me out with this project.

Elmore: Do you need contributions to help out with getting films like *Ghost of Sand Creek*?

Vasicek: Yes. All contributions can be made to the American Indian Genocide Museum, www.aigenom.com/, indmuseum@yahoo.com in Houston.

Elmore: How can someone contribute to “Ghost of Sand Creek?”

Vasicek: By visiting www.aigenom.com. Be sure and mention that contributions are for the *Ghosts of Sand Creek* film project.

Elmore: Have you done other films about the American Indian?

Vasicek: Yes. *The Sand Creek Massacre*. It is a short film that is being distributed in North America and Asia by Films Media Group.

Elmore: Please tell us something about yourself.

Vasicek: I’ve been a writer and filmmaker for several years. I live in Colorado. I act as a consultant for writers and filmmakers and I have published over 500 articles and books about writing.

Elmore: Last but not least, tell us your take on the Sand Creek Massacre.

Vasicek: My take on the Sand Creek Massacre is that it occurred because of fear and ignorance. Ignorance of who the Cheyenne and Arapaho people really were, what they represented and what they desired. Ignorance of the Cheyenne and Arapaho culture. Ignorance of utilizing violence over diplomatic discussion. Greed for the Cheyenne and Arapaho’s land. All of these elements were fueled by fear. This fear was based on European people, who came upon the Cheyenne and Arapaho’s land, whose knowledge of them was limited to what they saw and what they experienced. These settlers new little, so little. To thrust themselves upon the Cheyenne and Arapaho people with their military power were acts of fear and ignorance. The heinous slaughter, murder, rape, and mutilation at Sand Creek on Nov. 29, 1864 was fueled by ignorance and fear of a few isolated clashes between white and Indian people. The Sand Creek Massacre is a perfect example of what we experienced with the Bush and Cheney administration in Iraq. Ignorance of how to deal with terrorists after 9/11 fueled their fear to lash out and kill others as a means to, as they said, “win”, over the terrorists. It resulted in the unnecessary deaths of thousands of people. We can learn from the Sand Creek Massacre by juxtaposing what President Obama is incorporating in the world today, communication, discussions, diplomacy, so that the world can become a safer place to live.

Treatment center envelopes traditional culture

It was the vision of two Native women, Lillian Rice and Chris Wallen, which lead to the creation of Minnesota Indian Women’s Resource Center’s new treatment program Nokomis Endaad-Shki Bimaadzi Mikaana (Grandmother’s house-road to new life).

Nokomis Endaad is an intensive outpatient treatment program that is culturally intrinsic and seeks to help Native women to heal from sexual trauma, addictions, mental health issues and cultural co-occurring disorders such as loss of culture, language, grief, and shame through traditional native teachings and medicine alongside western models of treatment programs.

Over 18 years ago, Rice and Wallin endured hardships when they moved from their homes on the reservations to the urban community and found support and healing through their traditional practices and sacred medicines. Through their journey they developed a desire to help other women going through similar obstacles and challenges. Each had a passion for helping other women through cultural practices and soon became leaders in the community. They recognized a need for a treatment-centered approach to healing from the trauma and abuses of reservation and urban life. Rice and Wallin turned to Suzanne Koepplinger, Executive Director of Minnesota Indian Women’s Resource Center (MIWRC), with their idea.

The creation of this unique treatment program took a year and a half of research, finding funding, licenses and hiring staff. Dr. Rosemary White Shield (Anishinabe) is the Treatment Director of Nokomis Endaad and leaded much of the research for the program by conducting sharing circles, both in Minnesota and surrounding communities, speaking to women that would be potential clients to find what it was that they wanted and needed in a program such as Nokomis Endaad.

Out of this research, Dr. White Shield discovered that Indian women face the highest rates of sexual violence of any group in the United States and one out of three Native women will be raped in their lifetime. Additionally, further research revealed that victims of sexual trauma use drugs and alcohol as coping methods and that these abuses are a result of cultural oppression and historical trauma.

A participant in one of the sharing circles reinforced these discoveries when she said, “There is a need for Native women to focus on healing their spirit which is at the core of their sense of self as being an Indian woman. We are the foundation of the family, and we have responsibilities that go with the role of life giver, teacher, nurturer and healer. These things can only be given when you spirit is regained, sustained, and nurtured. With these qualities intact inside ones self, then hope can be given to the children.” Finally, the mission for Nokomis Endaad became clear, which was narrowed down to, “What’s bigger than addiction, grief, historical trauma, loss, illness? What’s bigger than that are our spiritual and cultural strengths that have sustained and healed our ancestors for thousands of years and continue to do so today. Our role is to reattach clients to those cultural and spiritual strengths through ceremony and culturally based therapeutic approaches and interventions,” Dr. White Shield said.

Thus, Nokomis Endaad is a response to the need for healing from both historical and sexual trauma by reattaching Native women back to their traditional ways and fostering a supportive environment and culturally based treatment. This innovative program is the first of its kind in the country because of its focus on traditional Native healing practices, medicines, and teachings as well as its client centered approach to treatment.

Dr. White Shield explained how the program is client centered because it is “based on client need, strength, and direction. We view that every client has her own spirit that leads her on her own sacred journey of healing like a compass and if she listens she can help others support her in the way she needs to be lead to healing.” Clients have access to Elders and medicine people, as well as native languages, traditional art therapy, and native women’s teachings that are all tribal specific. These are combined with western medical practices that include drug and alcohol education, individual and/or group counseling, family therapy, equine therapy, and movement and exercise therapy. The program structure consists of two Phases that are a total of 17 weeks of outpatient treatment in which the clients co-create their own treatment plan. Phase I is an intensive eight-week program with 25 hours of treatment weekly and Phase II is nine weeks with 16 hours of treatment weekly. After the initial two phases comes recovery maintenance and Transitional care with long term support can continue for up to a year. Nokomis Endaad is housed within MIWRC with a staff that includes a licensed drug and alcohol counselor, counselor supervisor, a mental health professional and a full time Elder in residence available to clients, to name a few of the people that assist in the program. MIWRC and the staff of Nokomis Endaad opened on Dec.13, 2010. Clients have been admitted and the program is in full swing. Nokomis Endaad is looking to reach out and help any and all Native women who seek it. Dr. White Shield stated this as their priority, “We put the client first, that is our whole focus and we consider it an honor and a privilege to be able to help our clients and serve them. What we do we do from the heart and that is our first and only reason. We are here for the client.”

By Andrea Cornelius

CHEYENNE-ARAPAHO HOUSING AUTHORITY FAILURE TO UPDATE NOTICE

The following individuals have failed to Update their Cheyenne-Arapaho Mutual-Help Housing Application. If this notice pertains to you or someone you know, please contact the Cheyenne-Arapaho Housing Authority at (580) 323-4877 or (800) 482-4288 to Update your Mutual –Help Housing Application.

Applications were mailed to the addresses we have on file. If your address has changed please notify the Occupancy Specialist. Failure to Update your application’s will result in removal from the Waiting List.

This list was submitted to the Tribal Tribune on Feb. 25, 2011. Your co-operation in this matter is greatly appreciated.

The C & A Housing Authority mailed out update applications on Nov. 1 and Nov.2, 2010 to the applicants who were due for an update for November and December 2010. Listed below are the update applications we did not receive.

Minnie Soap
Christine Williams

January update applications were mailed out on Jan. 7, 2011 to the applicants, who were due for an update for January 2011. Listed below are the update applications we did not receive.

Nina D. Bruesch
Charles E. Cantwell
Judy Dyer
Denise P. LittleRaven
Nakayla LumpMouth
Fredico T. Ramirez
Anthony W. Sam Jr.
Cherise Gawhega
Bakkala
Mary Burns
William Burns
Wyland
Buffalomeat Sr.

February update applications were mailed out on Feb. 4, 2011 to the applicants who were due for an update for February 2011. Listed below are the update applications we did not receive.

Danielle Blackwolf
Joetta Four Starr
Jo Ella Hamm
Michael E. Kodaseet
Michele E. Lee
Lana Little Elk
Tiffany Little Thunder
Crystal Mason
Sandra McCoy
Stacey Pedro
Kenneth Pratt
Stephen D. Pratt Sr.
Sandy Sanchez
Truman Sanchez
Danette Sankey
Julia Scherdin
Annivita Soto
Robert Toahty
Robert R. Woods Jr.
Anita Yellow Eagle
James Burns Jr.
Shana Beaver

March update applications were mailed out on Feb. 25 2011. Listed below are the individuals who are due for the Month of March 2011.

Virginia Allrunner
Matheson J. Hamilton
Laketa Pratt
Mary Alvarado
Choya L. Hammond
Albert R. Red Hat Sr.
Sandra L. Bedoka
Jason S. Hines
Jamie Rishel
Barbara Benally
Raylene Jones
Agnes Sevenstar
Janelle Birdshead
George Karty III
Nehemiah Shopteese
Juanita Black
Eva G. LeFlore
Pamela Sleeper
Edwina Blackowl
Carol J. Lee
Minnie A. Tapia
Frances Bullcoming
Carol Mitchell
Sharon K. Vann
Amy Gould
James E. Moss
Yvonne H. Verjan
Jimmy Gould
Esther J. Murray
Lodema Washee
Maurisa J. Gould
Anthony A. Nibbs
Jessica R. Whitacre
Sunny C. Wilson
Robert D.
YellowEagle Sr.
Linda Zotigh

Report to the People

Program:	Health Education
Date of Award:	January 1, 2010
Contract Number:	24620070019
Amount of Award:	\$136,664.00

The Health Education program in accordance with P.L. 638, has a contract with the Oklahoma program needs and develop plans in addition to coordinating, implementing, and evaluating the total health education component of the Tribes. The program goals and objectives are to improve the quality of health of the target population so they will assume the responsibility to improve their own health, behavior, and lifestyle.

The staff consists of one health educator, and one physical fitness assistant. The Health Education director directs the Health Promotion/Disease Prevention Program, oversees the budget, implements programs of physical fitness, smoking prevention, nutrition education and other public health issues to improve the health of the native population located in the Cheyenne and Arapaho Tribes nine-county service area which includes the counties of Beckham, Blaine, Canadian, Custer, Dewey, Kingfisher, Roger Mills, Washita and Woodward counties. The Physical Fitness Assistant provides approximately 10 percent clerical support to the Health Education Director and assists in planning and implementing fitness activities and public health information through the media and by collaborating with other health programs in the service area. Health Education has been working closely with the Cheyenne and Arapaho Tribes Education Department and the El Reno Public School system to provide health education to the students at the El Reno Alternative School (Academy). The students, at risk of dropping out of school receive instruction one hour each week on health topics

such as bullying, suicide prevention, nutrition, heart disease, stroke, stress management, diabetes, tobacco abuse, the need to be physically active and other topics to provide a foundation for healthy living. Eight smoking cessation classes were held in Clinton, Okla. Health Education collaborated with the Indian Health Service and the Association of American Indian Physicians to provide an HIV/AIDS Youth Awareness day in Concho, Okla. The Health Education director also worked closely with the State Health Department and other tribal organizations to plan for the fourth-annual “Preparing for the 7th Generation: The Journey Continues Tobacco Conference to be held in Tulsa in April.

Health Education worked with the elderly population to promote physical activity. Exercise programs were held with the residents of the nursing home to provide functional exercise to strengthen muscles used in their everyday activity. Line dance classes were held in Clinton and Watonga for families to learn alternate and fun ways for families to exercise. Health Education provided breast care presentations in Kingfisher, El Reno and Concho at the CHR health screenings to coincide with Breast Cancer Awareness Week.

During this time period the total number of direct contacts were 515 contacts. Health education articles during this time were six in the tribal newspaper providing a source of health information to over 6500 tribal members or paid subscribers.

Submitted by:
Margie Deer, MPH
Health Education Director

Adult Education Information
Please call to set up an appointment for the official G.E.D. pre-Test at any of the locations.
Pre-testing is offered twice a month.
Administration Office & Learning
Kathleen Tall Bear, Adult Ed Program Coordinator
(405) 274-2982
1621 E. Hwy 66, Suite D, El Reno, Okla.

Laura Quoetone, Adult Ed Program Counselor
C&A Housing Authority
(800) 247-4612 x. 32340
(580) 331-2340
2100 Dogpatch Road, Clinton, Okla.
Office Hours: M/W/F
8 a.m.-9:45 a.m. / 1:15 p.m.-4:30 p.m.
T/TH
8 a.m.-10:45a.m./ 1:15 p.m.-4:30 p.m.

John WhiteEagle, Jr., Adult Ed Program Counselor
109 N. Noble, Watonga, Okla.
(580) 632-2484
Office Hours: M/W/F
8 a.m.-12 noon / 12:30 p.m.-4:30 p.m.
Closed Tuesdays
Thursdays Only
8 a.m.-12 noon/ 1 p.m.-5 p.m.
Pre-test offered M/W/F @ 8 a.m.
Just GED It!!!
For your Family. For your Future. For Yourself.

American Indian Vocational Rehabilitation

**Department of Education**

Job Placement Development

The Cheyenne and Arapaho Tribes & Oklahoma State Department of Rehabilitation Services Vocational Rehabilitation Programs

John Soap, Jr., Job Placement Specialist
1621 E. Hwy 66, Suite D, El Reno, Okla. 73036
Office: (405) 422-7697 Cell: (405) 213-2494
Fax: (405) 422-8213

“Promoting and Developing Employment Placement for Individuals with Disabilities”

PUBLIC NOTICE

From the CEDS Strategy Committee and the Planning and Development

30-day public comment period on the Cheyenne and Arapaho tribes’ 2011-2014 Draft-Comprehensive Economic Development Strategy (CEDS)

Please take notice that on March 17, 2011 the Cheyenne and Arapaho CEDS Strategy Committee and the Planning and Development Office introduced the DRAFT 2011-2014 Comprehensive Economic Development Strategy (CEDS) Plan for the Cheyenne and Arapaho tribal jurisdiction. The CEDS Strategy Committee and the Planning and Development Office established a 30 day public comment period pursuant to 13 C.F.R. § 303.7.

The DRAFT CEDS Plan is available for inspection by the public at the Planning & Development Office at the Tribal Administrative Complex at 100 Red Moon Circle, P.O. Box 38, Concho, OK 73022.

Written comments

may be submitted to the Planning & Development Office at 100 Red Moon Circle, P.O. Box 38, Concho, OK 73022 or by email to kgoodbear@c-a-tribes.org or manquoe@c-a-tribes.org, or by fax to: (405) 422-1199.

After the draft CEDS plan 30 day review period ends on April 17, 2011, the CEDS plan will be forwarded to the U.S. Economic Development Administration for consideration.

For additional information please call the Planning and Development Office at (405) 422-7620.

DISCLAIMER: This investment was accomplished by the Cheyenne & Arapaho Tribes of Oklahoma through the Economic Development Administration’s (EDA) Economic Adjustment Program, Investment No. 08-06-04423. The statements, findings, conclusions, recommendations and other data in this report are solely those of the Cheyenne & Arapaho Tribes of Oklahoma, and do not necessarily reflect the views of the EDA.

Special Announcement to All Patients of the Clinton Service Unit
Hours of Operation

To All Patients of the Clinton, Watonga and El Reno Clinics, this is important information about clinic hours at all three facilities of the Clinton Service Unit.

Beginning in April the El Reno Indian Health Center will open at 10 a.m. on the second Thursday of each month and the Clinton Indian Health Center will open at 10 a.m. on the third Thursday of each month.

Additionally, in each quarter of the year there is a month that has a fifth Wednesday. On the afternoon only of the fifth Wednesday we will not be accepting any walk-ins or making any appointments and we will limit our available services at all three

facilities. The next fifth Wednesday is March 30, 2011. Please remember that services will be limited in the afternoon only in the afternoon of the fifth Wednesday and while we will not be closed, we may not be able to meet all your needs at that time.

These changes to our hours will allow us to conduct trainings and meetings that help the staff stay informed and compliant with state, federal and IHS rules and regulations. This allows us to better serve your needs.

We appreciate your understanding and thank you for being our valued customer.

Broken by failures in the past?
Why do I keep doing this to myself?
Think that you are alone?
Think that is just the way I am?

Turn to God for help and healing. The Bible is the greatest book on RECOVERY.

The 12 Step Overcomers Group meets at 7 p.m. on Tuesdays at the Geary Indian Community Building-Meal served after meeting. For more information call Lydia at (405) 837-6755.

Preserve our Future



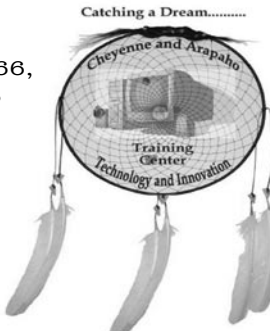
Become a foster or adoptive parent.

CATI TRAINING CENTER

Canadian Square Shopping Center
1621B East Highway 66,
El Reno, OK 73036

CATI Training Center Offers:
Open Lab
Training in:
Microsoft Office 2003, Word, Excel, Access, Power Point, Microsoft Office 2007, Word, Excel, Access, Power Point.

Call (405) 262-1906 or (405) 422-7638, or drop in.



George Hawkins Memorial Treatment Center

10320 North Airport Road, Clinton, OK 73601

The Substance Abuse Program can be contacted at (580) 331-2370 or by dialing toll free (800) 247-4612 extension 32370.

Forgotten ways

By Christopher P. George



I was walking through the forest, uncertain of what kind of game I would enroute the wind was blowing like a storm was coming. I spotted two squirrels playing upon the branches. I quickly drew my gun and dropped those mischief outlaws. Well that was supper and I was famished by nightfall. I was burling me a lean to out of spruce. When that was accomplished, I built a fire and dozed off into peaceful sleep.

I woke the next morning about as cold as an ice cube, when I finally got my fire started I warmed up what was left of my squirrels. They were a welcome breakfast. After the freezing night I began my journey to the top of the mountain where I would seek my vision.

When I came to the spot I knew that was the place. I made my circle in the dirt. There I would remain for four days. At first I was reminded of grandpa’s words,

believe in Maheo. I had many things go through my mind, some were hard to see and understand the meaning.

On the third day a wolf came to see me. He said once there were many of my kind, now there are few. That is all he said. I think he was telling the fate of my people, but what was I to do. So it came to me that I should think of a way to save my people, I thought hard.

Then all of sudden I was encircled by the old one’s they said, “do not trouble yourself with this thought.”

Remember when the Buffalo were abundant, but they have gone away, for their purpose is forgotten. Once they clothed us, fed us, sheltered us, but time has gone. One day you tell the people that they still exist in your heart. Do not do as the Belgians; share your knowledge with your brothers. So as they might find comfort in their hearts. Tell the young ones of the happy day there people once enjoyed. Tell them of the Great Spirit, so they may have hope. It did not take long for me to realize who my grandpa was. A Creek Medicine Man, my grandfather fitting of such a man. It took some time for me to realize just what had happened to me. It was not anything specific but more of a way of looking at things through eyes that were so simple, why couldn’t I see life in that manner/ The pressure was on. What an example to follow.

Grandpa taught me things that you could not learn in any Indian school. I was the only peyote boy in the entire Indian school. I don’t know why but those things were sacred. I was chosen by my grandpa to split wood for peyote fires, wood for sweat lodges. Tie drums, clean peyote, all the kids in school knew nothing of these ways. I felt alone in a crowded school. They were all missing something vital to our Native ways.

Powwows & Events CALENDAR

The 2011 Miss, Jr. Miss and Little Miss Indian Oklahoma City Competition and Performance
March 18, 2011 at the Destiny Christian Center, 3801 S.E. 29th St. in Del City, Okla. For more information contact C.W.C.S. Director, Shirley Wapskineh at (405) 632-5227.

The 37th annual Denver March powwow
March 18-20, 2011 at the Denver Coliseum, 4600 Humboldt, Denver, Colo. For more information visit www.denver-marchpowwow.com.

Benefit Dance for Cassandra Maria Littleman
March 19, 2011 at the Geary Community building in Geary, Okla. Gourd dance at 1 p.m. Supper at 4 p.m. For more information call (405) 224-1219.

Celebration Retirement Dance for Valerie Littlecreek
March 19, 2011 at the Sac & Fox Community building in Stroud, Okla. Littlecreek is retiring after 35 years of service to American Indian children. Gourd dance at 1 p.m. Supper at 5 p.m. Intertribal dance at 7 p.m. For more information call Ada Littlecreek at (918) 290-9690 or Valeria Littlecreek at (918) 290-0586.

Otoe-Missouria Encampment Committee March Benefit Dance
March 19, 2011 at the Otoe-Missouria Cultural building, Hwy. 177 in Red Rock Okla. Gourd dance at 2 p.m. Supper at 5:30 p.m. For more information contact Hank Childs at (580) 402-4914 or Earl Plumley (405) 598-0636. Vendors contact Diana Plumley (405) 598-0636.

R.E.Sp.E.C.T. Elder’s Day Out
March 23-24, 2011 at the Oklahoma Aquarium in Tulsa, Okla. Must have attended previous elder day outings and be self-sufficient. Transportation provided. Registration deadline is March 17, 2011. For more information or to register call (800) 247-4612, ext 27570.

Clinton Hub City Inter-Tribal powwow Committee Benefit Dance
March 25,2011 in Hammon, Okla. For more information contact Cathy Roman Nose at cathyromannose@msn.com. The next benefit dance will be held April 8, 2011.

Baylee Corean Fasthorse Fundraiser Dance
March 26, 2011 at the Concho Community building in Concho, Okla. Supper at 5 p.m. Dance to follow. Special Tiny Tot contest up to age 6. For more information call Margaret Tallbear at (405) 422-7654.

Wedding Dance for David Andrew Reyes and Kathy Bullcoming
March 26, 2011 at the Hammon Community building in Hammon, Okla. Gourd dance at 3 p.m. Supper at 5:30 p.m. For more information call Trayla Reyes at (580) 445-0911 or by email, Cheyenne_gurlz@yahoo.com.

Benefit Dance II for Cassandra Littleman
April 2, 2011 at the Watonga Multi-Purpose building in Watonga, Okla. Gourd dance at 1 p.m. Supper at 4 p.m. Cake walk, raffles and giveaways optional. Sponsored by Maureen family and friends. All vendors welcomed.

The ninth annual Native American Language Fair
April 4-5, 2011 at the Sam Noble Museum in Norman, Okla. For more information or to download registration forms please visit www.snomnh.ou.edu/languagefair.

The fifth annual Oklahoma City University Spring powwow Contest
Sat. April 9, 2011at the campus of Oklahoma City University. For more information email Lindsey Factor, lfactor.stu@my.okcu.edu or Chris Roman Nose, cromannose@okcu.edu.

The 43rd annual Talihina Indian Festival Powwow
April 9, 2011 at the new Talihina gymnasium located at Hwy. 1 & 271 in Talihina, Okla. Gourd dance at 2 p.m. Supper at 5 p.m. Grand entry and contests from 7 p.m. - 10 p.m. For more information contact Harry or Carol James at (918) 567-2539.

Mary Webber Memorial Dance
Saturday, April 11, 2011 at the Concho Community building in Concho, Okla. Paint ceremony begins at 4 p.m., supper at 5 p.m. For more information call Ernestine Whitebird at (405) 262-4598. Sponsored by Ernestine Whitebird and family.

Janice Boswell Honor Dance
April 17, 2011 at the Lucky Star Casino Event Center in Concho, Okla. Gourd dance at 3 p.m. Supper at 5 p.m. Grand Entry at 7 p.m. Adult contest include Women’s Fancy Shawl/ Jingle, Women’s Cloth/Buckskin, Men’s Straight/Traditional, Men’s Grass/Fancy and Drum contest. Prizes are first place \$300, second place \$200, third place \$100. Drum contest prize \$1,000. Vendors welcomed, fee required. For more information call (405) 422-7415.

Solider’s Honor Dance for Orion Mills
April 30, 2011 at the Concho Community Center in Concho, Okla. Dance at 2 p.m. Dinner at 5 p.m. For more information call (405) 203-7501.

Rolling Thunder Flame of Freedom and P.O.W./ MIA Program hosted by the Cheyenne and Arapaho tribes
At 10:45 a.m., Saturday, May 14, 2011 at the Lucky Star Event Center in Concho, Okla. For more information contact Francine Worthington at (405) 422-7492.

Tsisinstsistots & Hinonei Language Program Funds
Gaming Revenue Allocation Plan (GRAP)

CHEYENNE & ARAPAHO TRIBES

EDUCATION DEPARTMENT Language Program CONCHO, OKLAHOMA
www.c-a-tribes.org/languageprogram

Tsetsehestase & Hinonei Language Program
P O Box 38
Concho, OK 73022

Located in the Canadian Square shopping center at 1621 D East HWY 66, El Reno, OK.

(800) 247-4612
Ext. 27640 & 27568
(405) 422-7562 & 422-7640
422- 7568

Tribal members and employees are encouraged to visit the Language Program. Audio CD’s, booklets and any information is available through the Language Program.

CHEYENNE & ARAPAHO TRIBES

JANICE PRAIRIE CHIEF-BOSWELL GOVERNOR
OFFICE OF THE GOVERNOR
Executive Branch
P.O. Box 38
Concho, OK 73022
Telephone: (405) 422-7743
Fax: (405) 422-8227

EXECUTIVE BRANCH

PUBLIC NOTICE

ELECTION COMMISSION VACANCIES

Cheyenne District 1
Cheyenne District 3
Cheyenne District 4
Arapaho District 2
Arapaho District 3

The Constitution requires the Governor to accept letters of interest from qualified tribal members who wish to serve on the election commission. The Constitution also requires that vacancies on the election commission are filled by nomination of the Governor and confirmation by the legislature. Election Commission members must be from their respective districts, and possess a minimum of a high school degree or GED, and cannot have a felony conviction.

Any qualified tribal member who is interested in serving on the election commission, please submit a letter of interest to the Office of the Governor by April 11, 2011 by 5:00 pm. If you have any questions, please do not hesitate to contact the Office of the Governor at 405.422.7743.

DARLINGTON SCHOOL PRE-KINDERGARTEN ENROLLMENT

Accepting Applications for 2011 School Year

Call (405) 262-0137 or Visit the Darlington School Office

Excellent Reading Programs

Arts & Crafts

Early Childhood Computer Programs

Now accepting applications

Oklahoma Indian Nation Powwow 2011 Princess Contest

Age Categories & Dates:
Senior Miss: Ages 14-19
Junior Miss: Ages 7-13
Little Miss: Ages 1-6

Applicants MUST BE American Indian Descent

Princess Contest Judged by Penny a Vote

OIN will count Penny Votes at 7 p.m. Thursday, April 28, 2011 at Darlington School, El Reno, Okla.

MAY 28, 2011 Princess Coronation Dance Darlington School

Applications can be obtained & submitted to:
Dara Franklin, 1801 David Dr., El Reno, Okla. 73036 (405) 295-6512 * (405) 262-0137 * (405) 361-8945 OR
Christine Morton, 512 Lynn Dr., El Reno, OK 73036 (405) 422-3477 * (405) 422-7545 * (405) 476-1134

Happy Birthday



Happy Birthday
Angel Roque
From all of your
Clinton Head Start
friends and teachers



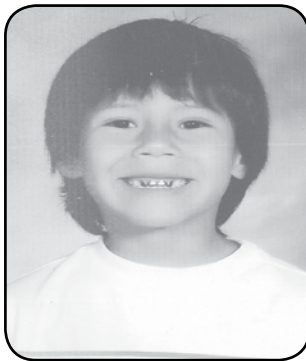
Happy 8th Birthday
Audriana Tomasita
Morales-Perez
March 23
We all love you!!
From moma, grandma Mary
and grandpa Jesus, Jr., aunt
Julia, uncles Benjamin
and Anthony.



Happy 10th Birthday
Heove hamehe
"Yellow Horse"
Blaine Thomas Fasthorse
April 27
We are so proud of you in
all you do, you are
so gifted.
Keep up the good work,
and you will go far in life.
Love, dad, mom, Brandy,
Baylee, Tori "The Monster",
grandpa, grandma,
Malaina, Cody, Eli, Lylah,
Tessa, De, Jeannie, Andie,
Macey, little uncle
Mitchell, auntie Sybil,
Jaycee, lil Gib, and Fredrick



Happy 15th Birthday
March 27
Love grandma Mary,
grandpa Allen, mom,
and Shanna



Happy Belated Birthday
Harley Surveyor



Happy 3rd Birthday
Hazel Ruby
We are blessed to have you
for a little sister!
We love you lots, Christian
Harding and Hayden
Campbell.
Love you too Drop-a-Duca!
Tommy xoxo -
your other mother



Happy 3rd Birthday Hazel
Ruby Gaines
March 17



Happy Birthday
Isasih Diaz
From all of your
Clinton Head Start
friends and teachers



Happy 10th Birthday
Jonas Horse
March 31
We love you, mom, Mileena,
Mikayla, Samuel Jr.
and grandpa Ben.



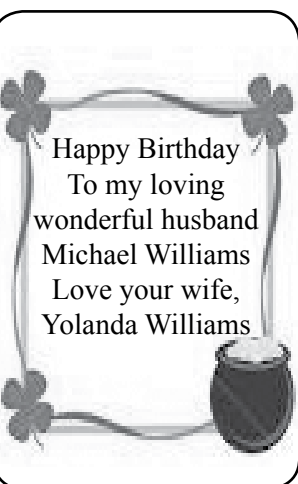
Happy Birthday
Kyelan
Little man you bring so
much joy to our hearts.
Love you always,
vama, papa, and all
of your family



Happy Birthday
Leah Diane
Sweetheart we love you!
From all of your family.



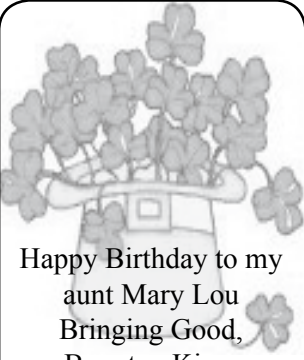
Happy "6th" Birthday
Jordan Wade
March 16!!
Love, dad, mom, KJ
and Karis



Happy Birthday
To my loving
wonderful husband
Michael Williams
Love your wife,
Yolanda Williams



Happy 50th Birthday
Dawn Ardena Blackowl

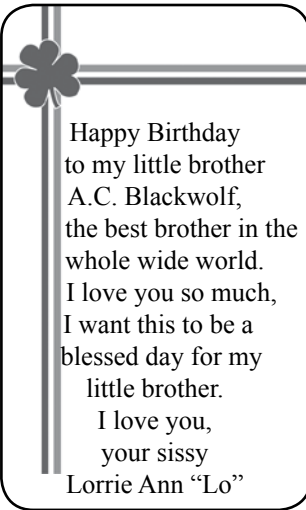


Happy Birthday to my
aunt Mary Lou
Bringing Good,
Boynter, King.

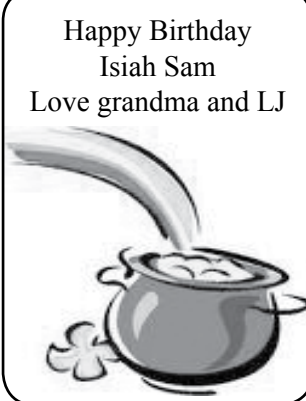
Just know that I am
always thinking of you
and miss you dearly.
I love you, your niece
Lorrie Ann "Lo"



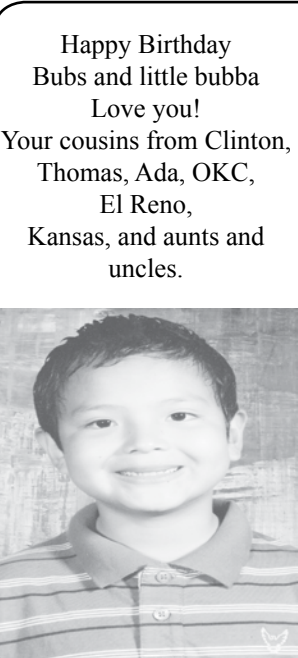
Dear mom, grandma,
great grandma
Your birthday is here and
we all wish you were
too. Although you are
here in spirit, we miss
your everyday presents,
conversation, and laughter.
Its seems like yesterday
you was sitting here with
us even though its been
close to a year that you left
in such a short notice. We
all love and miss you so
much and wish that you
were here to see and hold
the new additions to the
family. But one day we
will all be reunited until
that day you will always
be in our hearts and on our
minds.
Happy birthday we miss
you.



Happy Birthday
to my little brother
A.C. Blackwolf,
the best brother in the
whole wide world.
I love you so much,
I want this to be a
blessed day for my
little brother.
I love you,
your sissy
Lorrie Ann "Lo"



Happy Birthday
Isiah Sam
Love grandma and LJ



Happy Birthday
Bubs and little bubba
Love you!
Your cousins from Clinton,
Thomas, Ada, OKC,
El Reno,
Kansas, and aunts and
uncles.



Have a Monster Jam Party
On March 19
We love you
Mom and dad



Happy 8th Birthday
Prince aka Antz

Happy 3rd Birthday
Little Professor aka Jace
Yovani

I am so proud to be blessed with beautiful grandkids
I love all of you very much!
Have a monster Jam party
On March 19 We love you so much!
Forever xoxoxoxoxo-grandma and grandpa from T-town



Happy Belated Birthday
Donovan Howard- 18 yrs
Alvin Dean Surveyor- 2 yrs

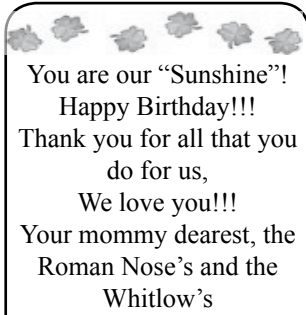


Happy Birthday
Basil.

We love you, Jake, Jonah,
Illi, Marley and Georgia



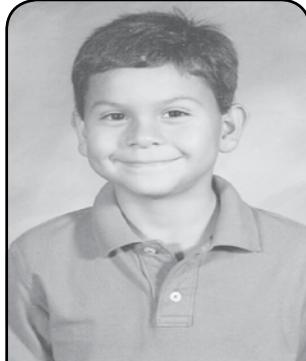
Happy 2nd Birthday!
Rosemary
"Girl Tank" Sleeper
We love you sister!
Your silly ways brighten
our lives every day!
Beautiful smile, joyful
laugh, happy face... you're
a blessing baby girl!
Love, daddy, mama,
Justice, Kaylianne,
D'Angelo, Sophia,
the Mackety family and
the Sleeper family



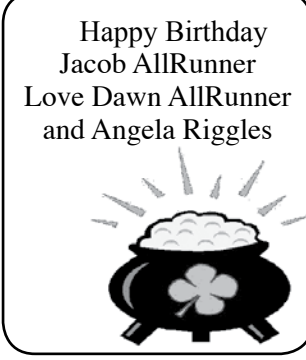
You are our "Sunshine"!
Happy Birthday!!!
Thank you for all that you
do for us,
We love you!!!
Your mommy dearest, the
Roman Nose's and the
Whitlow's



You are our "Sunshine"!
Happy Birthday!!!
Thank you for all that you
do for us,
We love you!!!
Your mommy dearest,
the Roman Nose and the
Whitlow families

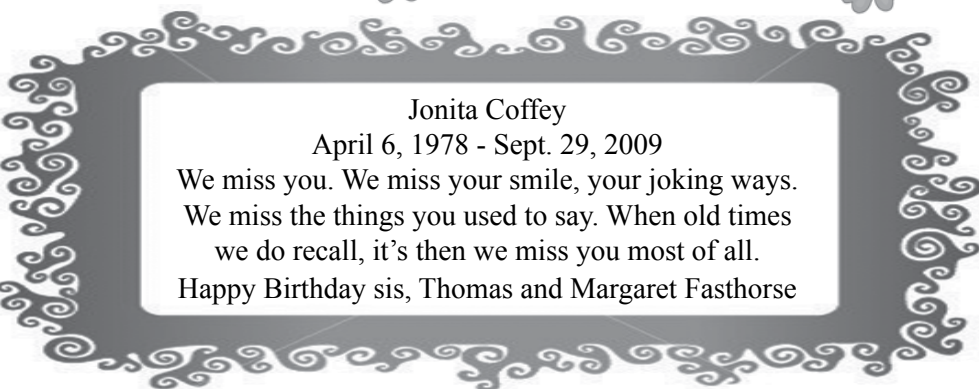


Happy Belated Birthday
Asa Andele
Worthington
Mar. 11
Love papa and grandma

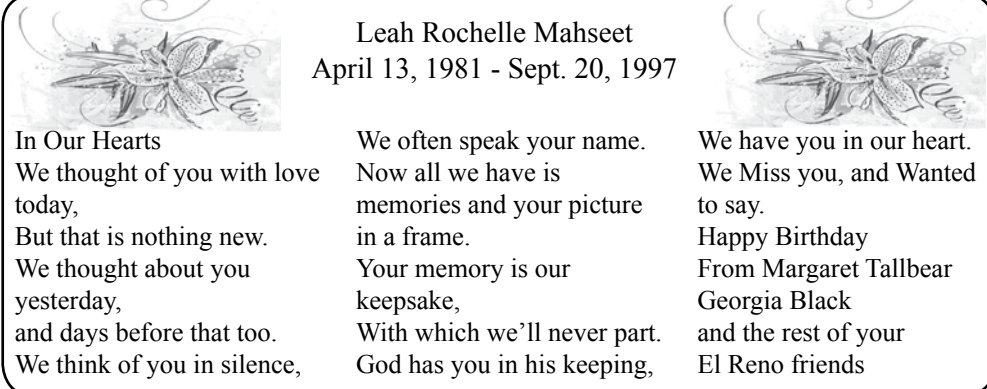


Happy Birthday
Jacob AllRunner
Love Dawn AllRunner
and Angela Riggles

Happy St. Patricks Day



Jonita Coffey
April 6, 1978 - Sept. 29, 2009
We miss you. We miss your smile, your joking ways.
We miss the things you used to say. When old times
we do recall, it's then we miss you most of all.
Happy Birthday sis, Thomas and Margaret Fasthorse



In Our Hearts
We thought of you with love
today,
But that is nothing new.
We thought about you
yesterday,
and days before that too.
We think of you in silence,

Leah Rochelle Mahseet
April 13, 1981 - Sept. 20, 1997

We often speak your name.
Now all we have is
memories and your picture
in a frame.
Your memory is our
keepsake,
With which we'll never part.
God has you in his keeping,

We have you in our heart.
We Miss you, and Wanted
to say.
Happy Birthday
From Margaret Tallbear
Georgia Black
and the rest of your
El Reno friends

Hinóno'eitít
Arapaho Language
“Word of the Day”
Red: Bee'ee'
Pronounced:
Bah-aah

El Reno Public Schools

Transition Coalition (TC)

El Reno Community

Transition Coalition Mentorship
Mission Statement

The mentoring program of the Cheyenne and Arapaho Tribes in collaboration with the El Reno Public Schools promotes academic achievement, personal growth, and cultural knowledge for all middle and high school Indian students. The program matches an adult male or female with an Indian youth to offer encouragement, support, guidance, friendship, and a positive role model. For more information call the Department of Education at (405) 422-7568.

Subscribe to the
Cheyenne and Arapaho
Tribal Tribune
\$35/year
Call (405) 422-7446 or
(405) 422-7608

In Memoriam

Elsie Harrison
Bushyhead
Aug. 1, 1917 –
March 1, 2011

Wake services were held for Elsie Bushyhead on Friday, March 4, 2011 at the Geary Community Hall in Geary, Okla.
Funeral services were held, March 5, 2011 at the Geary First Baptist Church in Geary, Okla.

HONOR DANCE FOR
Janice PrairieChief-Boswell
Sunday, April 17, 2011
Lucky Star Event Center
Concho, Okla.
Gourd Dance 3 p.m.
Supper 5 p.m.
Grand Entry 7 p.m.

MC-Winslow (Chubby) Sankey
HS-Stewart Candy
HMD-Michael Whitecloud
Head War Dancer-Ernie Big Medicine
HLD-Edwina Whiteman
HLBD-Eric Patton
HLGD-Eryn Roman Nose
AD-Ha'Stylez
Adult Contest:
Women's Fancy Shawl/Jingle, Women's Cloth/Buckskin
Men's Straight/Traditional, Men's Grass/Fancy
1st-\$300 2nd-\$200 3rd \$100
DRUM CONTEST - \$1,000

NO SPECIALS
Vendors Welcome
Fee Required

GOOD WARRIOR DESCENDANTS
FAMILY REUNION NOTICE

Plans are being made for the 3rd annual Good Warrior Descendants Family Reunion.
We are taking suggestions on a possible date for either April or May. The event will be held in El Reno.
Please contact Christine Morton at (405) 476-1134, cm_arapaho@hotmail.com or Beverly Brown at (405) 631-9525.

WINGATE HIGH SCHOOL CLASS
REUNION - 1972-1982

DATE: June 4, 2011
TIME: 12 p.m. – 7 p.m.
PLACE: McCaffe Picnic Grounds, 10 miles south of Wingate, New Mexico
Please contact Ashem Dayea (class of '78) for more information or to register at (505) 879-3244 or by email at dayeadreamer@yahoo.com.

TOBACCO STOPS WITH ME.
WWW.STOPSWITHME.COM

Exposure to secondhand smoke has an immediate adverse impact on the cardiovascular system, damaging blood vessels, making blood more likely to clot and increasing risks for heart attack and stroke.

Source: Two Vessels Smoked Causes Lesions: The Biology and Biochemistry of Smoking-Induced Diseases: A Report of the Surgeon General, 2010

If you are interested in quitting contact Deborah Ellis (405) 422-7674 or Margie Deer (405) 422-7676 with the Cheyenne and Arapaho tribes' Health Education Department.

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department
P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org

Transit Drivers II
On Call-3 Positions
Closing Date: Until Filled

QUALIFICATIONS:
Must possess or be willing to attend training programs to gain CPR and CDL certifications. Must pass a pre-employment drug screening process and subject to random drug testing. Must maintain a clean driving record and may be required to provide a Motor Vehicle Report (MVR). Must be able to lift a minimum of 50 lbs. with no physical barriers. Must possess the ability to communicate effectively both orally and written. Must possess high school diploma, possible completion of a commercial driving training program and defensive driving program. Experience may be an acceptable equivalent.
SALARY: Negotiable

Assistant Director
R.E.Sp.E.C.T.
Closing Date: Until Filled

QUALIFICATIONS:
Must possess a high school diploma/GED; AA degree preferred or four years of work experience in related field or its equivalent; must be willing to further education (associates or bachelors degree); must receive and maintain CPR/First Aid Certifications; knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs; possess a valid Oklahoma Driver's license; TERO applies (Cheyenne and Arapaho Tribal Preference); and must pass a background check.
SALARY: Negotiable

Staff Accountants (2)
Dept. of Treasury
Closing Date: Mar. 25, 2011

QUALIFICATIONS:
An associate's degree in accounting, with a minimum of two years of professional accounting experience preferred. An equivalent of education and experience of Tribal accounting of two or more years may be considered.
SALARY: Negotiable

Admin. Assistant
Dist. A-1 Legislator Office
Closing Date: Mar. 25, 2011

QUALIFICATIONS:
Minimum high school diploma or G.E.D. certification required. Ability to communicate and understand written and oral instructions. Undertake various projects for the Arapaho 1 office. Must be able to communicate to various Tribal groups, Tribal Courts, and other entities and understand Tribal Governmental procedures. Computer literate as well as basic office equipment skills needed. Willing to work other than normal working hours, on weekends and holidays as required and needed. Cheyenne and Arapaho preference.
SALARY: Negotiable

CHR-Temporary
Seiling, Okla. Area
Closing Date: Until filled

QUALIFICATIONS:
Cheyenne or Arapaho tribal member preferred. Have EMT, medical assistant, CMA, or CNA experience. Have current CPR certification. Valid Oklahoma state driver's license and be insurable under the tribe's insurance. Must reside in service area. Must pass a physical and be in good physical condition. Must pass basic CHR training and first responder training within one year. Travel required in duties. Submit program PCC and mileage/maintenance on a weekly basis. Maintain GSA vehicle responsibility. Must pass OSBI background check. Must have minimum of high school diploma or G.E.D. Must have own reliable vehicle and residential telephone. Must be able to work outside of normal working hours as needed. Other duties as assigned.
SALARY: Negotiable

Accounts Payable Mgr.
Treasury Dept.
Closing Date: Mar. 23, 2011

QUALIFICATIONS:
Bachelor's degree in business administration, accounting, finance, or related field preferred or equivalent combination of education and experience. Seven or more years of accounting experience. Two or more years of leadership experience included. Experience working with generally accepted accounting principles and accounting software. Strong personal computer and business solutions software skills. Strong interpersonal skills for interacting with accountants, clients and upper management. Good communication skills for communicating with support personnel and management. Strong analytical and problem solving skills. Good presentation skills for educating internal clients on accounting principles. Good planning and organizational skills to balance and prioritize work. Cheyenne and Arapaho preference.
SALARY: Negotiable

Laborer
Economic Development
Closing Date: Continuous

QUALIFICATIONS:
Ability to accept immediate employment. Ability to lift a minimum of 75 lbs. Ability and knowledge to operate light weight equipment. Must be physically fit to withstand various types of manual labor. Prefer knowledge of landscaping- planting flowers and shrubs. Must have stable work history, be dependable and conscientious. Must have knowledge in performing general repair duties. Must have painting experience. Must submit to a background check. Must have high school diploma or GED. Must have current driver's license.
SALARY: Negotiable

Per Capita Analyst (2 pos.)
Per Capita Department
Closing Date: Mar. 23, 2011

QUALIFICATIONS:
Must have knowledge of computer software, experience with Accounting database (MIP). Good Phone and communication skills, effective skills with staff and public preferred. Ability to develop memos, letters and reports in a professional manner. Must have one to two years of experience operating office equipment. Must have Oklahoma state driver's license. Cheyenne and Arapaho preference.
SALARY: Negotiable

Staff Accountant
Per Capita Department
Closing Date: Mar. 23, 2011

QUALIFICATIONS:
An associate's degree in accounting with a minimum of two years of professional accounting experience. An equivalent of education and experience of Tribal accounting of two or more years accepted.
SALARY: Negotiable

Indian Child Welfare
Program Coordinator
Closing Date: Mar. 23, 2011

QUALIFICATIONS:
Master's degree in social work or related field preferred or an equivalent combination of education and experience. Must have ability to work with high number of clients and work as efficiently as possible. Requires two years of professional related experience. Requires one year of supervisory experience. Ability to work flexible hours and willing to work other than normal working hours. Must have knowledge of crisis theory and interventions. Must understand the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidential regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned-vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele.
SALARY: Negotiable

Caseworker IIM
Social Services
Closing Date: Until Filled

QUALIFICATIONS:
Prefer bachelors degree in social work or related field preferred; or an equivalent combination of education and experience. Require two years of experience in professional related field and supervisory experience. Work flexible hours and willing to work after normal business hours. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.
SALARY: Negotiable

Nutrition Aide
Seasonal
Closing Date:Until Filled

QUALIFICATIONS:
Knowledge of basic food preparation and sanitation. Ability to work independently with little or no supervision. Ability to communicate effectively with clients and community groups. Ability to write effectively and complete reports in a timely manner. Knowledge of basic computer software. Must be over 18 years of age. Must have high school diploma or equivalence. Must have a valid state driver's license. Prefer degree in a related field or equivalence of combined health and nutrition experience. Cheyenne and Arapaho preference.
SALARY: Negotiable

Fence Crew/Laborer
Economic Development
Closing Date:Continuous

QUALIFICATIONS:
Dependable, physically fit and able to lift a minimum of 75 lbs. or more. Knowledgeable in operating farm equipment. Willing to work until daily tasks are completed. Must be able to work on an on-call basis. High school diploma or GED required and valid Oklahoma driver's license.
SALARY: Negotiable

Missing Person

Anna White Star
Age: 15
Last seen at Club OK Coral, 2300 North MacArthur, OKC, OK
on February 26, 2011

MISSING

DESCRIPTION
Complexion: Light
Height: 5'6
Hair Color: Black w/Blond Highlights
Eyes Color: Brown
Weight: 145LB
Contact Jewel Black
(405) 474-2153
Or
(405) 202-4862

CHEYENNE & ARAPAH0 TRIBES
OF OKLAHOMA
FILED MAR 9 2011
IN THE TRIAL COURT OF THE CHEYENNE AND ARAPAH0 TRIBES
CONCHO, OKLAHOMA
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

TRIBAL CHILD SUPPORT SERVICES, EX, REL, MIRIAM GAYLE BIRDSHEAD, PLAINTIFF, vs. WILLIAM CHARLES BIRDSHEAD, DEFENDANT.

NOTICE BY PUBLICATION
TO: WILLIAM BIRDSHEAD
TAKE NOTICE that you must appear in the Trial Court of the Cheyenne and Arapaho Tribes, Concho, Oklahoma on the 5th day of April, 2011, at 10:00 a.m., on the Petition to Determine Arrears to Judgment. If you fail to appear the motion will be granted to the Plaintiff by default.
Given under my hand and seal this 1st day of March, 2011.
Susan A. Buck, OBA# 18921
Susan Arizketeta, OBA# 20456
P.O. Box 1809
Ada, Oklahoma 74820
(580) 436-3419
ATTORNEY FOR TRIBAL CHILD SUPPORT ENFORCEMENT

Lucky Star Casino Event Center welcome Foreigner, Merle Haggard and Kris Kristofferson



Performances at the Lucky Star Casino Event Center in Concho, Okla. included Foreigner, Merle Haggard and Kris Kristofferson.

Upcoming concerts include, Bret Michaels, Thursday, March 24, 2011, Meatloaf, Friday, April 1, 2011, Hinder (at Lucky Star Casino in Clinton, Okla.) April 8, 2011 and David Crosby/Graham Nash, Friday, April 15, 2011.

To purchase tickets visit www.ticketstorm.com or call (866) 966-1777.



Welcoming visitors



Photo by Rebecka Lyman

Pictured l-r, Front row: Jorge Rodriguez from Chile', Xin Wu from China, Dr. Lynn Paxson, Professor of Architecture ISU, Dr. Henrietta Mann, Cheyenne and Arapaho Tribal College (CATC) president, Gail Wilcox, CATC administrative and admissions officer, Priyanka Nandi from East India, and Akiko Suzuki Back row: Zijie Cao from China, Jenny Lyon, Katie Deschepper, Kyle Peterson, Sam Thornton from Australia Bryan Mann, Jess Fitzpatrick from Australia and Mike Tumilowicz.

On Feb. 25, 2011 students from Iowa State University took a tour of the Cheyenne and Arapaho tribal complex.

The students are fifth year senior undergraduates and graduates in architecture or interior design at the Iowa State University.

The college has been working in conjunction with the Cheyenne and Arapaho Tribal College to design a tribal college facility.

Photos by Rebecka Lyman

Important information about the \$3.4 billion Indian Trust Settlement

For current or former IIM account holders, Owners of land held in trust or restricted status, or their heirs

There is a proposed Settlement in *Cobell v. Salazar*, a class action lawsuit about individual Indian land held in trust by the federal government. This notice is just a summary. For details, call the toll-free number or visit the website listed below.

The lawsuit claims that the federal government violated its duties by (a) mismanaging trust funds/assets, (b) improperly accounting for those funds, and (c) mismanaging trust land/assets. The trust funds include money collected from farming and grazing leases, timber sales, mining, and oil and gas production from land owned by American Indians/Alaska Natives.

If you are included in the Settlement, your rights will be affected. To object to the Settlement, to comment on it, or to exclude yourself, you should get a detailed notice at www.IndianTrust.com or by calling 1-800-961-6109.

Can I get money?

There are two groups or “Classes” in the Settlement eligible for payment. Each Class includes individual IIM account holders or owners of land held in trust or restricted status who were alive on September 30, 2009.

Historical Accounting Class Members

- Had an open individual Indian Money account (“IIM”) anytime between October 25, 1994 and September 30, 2009, **and**
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

Trust Administration Class Members

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, **or**
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009 where the trust interests were in probate as of that date. This means you have asked a court to transfer ownership of the deceased landowner’s property.

An individual may be included in one or both Classes.

What does the Settlement provide?

- A \$1.5 billion fund to pay those included in the Classes.
- A \$1.9 billion fund to buy small interests in trust or restricted land owned by many people.
- Up to \$60 million to fund scholarships to improve access to higher education for Indian youth.
- A government commitment to reform the Indian trust management and accounting system.

How much can I get?

- Historical Accounting Class Members will each get \$1,000.
- Trust Administration Class Members will get at least \$500.
- If you own a small parcel of land with many other people, the federal government may ask you to sell it. You will be offered fair market value. If you sell your land it will be returned to tribal control.

If you believe you are a member of either Class and are not receiving IIM account statements, you will need to call the toll-free number or visit the website to register.

What are my other rights?

- If you wish to keep your right to sue the federal government about the claims in this Settlement, you must exclude yourself by **April 20, 2011**.
- If you stay in the Settlement you can object to or comment on it by **April 20, 2011**. The detailed notice explains how to exclude yourself or object/comment.

The U.S. District Court for the District of Columbia will hold a hearing on June 20, 2011, to consider whether to approve the Settlement. It will also consider a request for attorneys’ fees, costs, and expenses in the amount of \$99.9 million. However, Class Counsel has fee agreements that would pay them 14.75% of the funds created for the Classes, which could result in an award of \$223 million. The Court may award more or less than these amounts based on controlling law. If approved, these payments and related costs will come out of the Settlement funds available for payment to Class Members.

If you wish, you or your own lawyer may ask to appear and speak at the hearing at your own cost. For more information, call or go to the website shown below or write to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877.

Education awards recognizes excellence



Submitted photo

Pictured from l-r, Bottom: Brandy Terry, member/sophomore, Marleta Fletcher, historian/freshman, Sharon Antelope, secretary/freshman, Gail Wilcox, sponsor, Oveta Lira, president/junior, Gregory "Sonny" Klinekole, senior, and Shanique Baldwin, member/freshman.

Top: Kemaine Thurston, member/junior, Ada Hainta, vice-president/junior, Rachel Perkins, member/sophomore and Loni Prairie Chief, member/sophomore.

Thirteen students of the Honoring Our People's Existence (H.O.P.E.) Club of Southwestern Oklahoma State University (SWOSU) and the Cheyenne and Arapaho Tribal College recently won several awards attending the fourth annual Oklahoma Native American Students in Higher Education (ONASHE) conference held February 18-19, 2011 at Northeastern State University in Tahlequah, Okla.

The goal of the conference is to provide opportunities for Native American students and professionals from various institutions across

the state of Oklahoma to continue to develop and strengthen their leadership skills by interacting with current tribal leaders, participate in workshops that are relevant to contemporary student and leadership issues and create powerful networks promoting higher education for Native students.

Nick Barton, SWOSU graduate student, accepted the 2011 Outstanding Graduate Student award. Barton is described as "demonstrating good work ethics, being responsible, meticulous and thorough. He is honest and trustworthy."

Oveta Lira, SWOSU student and administrative assistant, Cheyenne and Arapaho Tribal College, accepted the 2011 Outstanding Leader award. A recommendation characterized Lira by stating "her strong dedication and leadership skills are an inspiration to other students and colleagues alike." Lira was also the recipient of the 2009 Outstanding Up and Coming Leader award.

Gail Wilcox, admissions and administrative officer, Cheyenne and Arapaho Tribal College and sponsor for the H.O.P.E. Club accepted the Outstanding Role Model award. Wilcox's positive outlook and dedication she shows to her job is described as "her personal efforts on the SWOSU campus provides us all comfort and assurance that community, possibly two identities (non-Indian and Indian) progress forward as one unified and healthy body."

The H.O.P.E Club was honored to accept this year's Outstanding Organization award. They have worked very hard all year long to highlight Native American awareness on the SWOSU campus. They worked especially hard through the month of November, which is Native American month, by bringing guest speaker, Lance Henson to come and talk about his writings and poetry. Workshops in shawl making and dream catchers were well received and at the end of the month, the Native Foods fundraiser and Dance Exhibition was a success.

"We are very proud of the accomplishments of the Native American students and represented SWOSU and the Cheyenne and Arapaho Tribal College with respect and dignity."

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